



Welcome

celebrate this weekend it's a great start to April! I have been counting down for some time, having made the ambitious decision to give up chocolate and biscuits. I am contemplating which to eat first, although my absolute favourite chocolate Viennese fingers are a delicious combination of both.

As mentioned in the previous edition, unfortunately we are not in a position to be able to restart the community-based lunch clubs, even as the restrictions begin to ease. It's great that so many of you still wish to receive this newsletter, which enables us to keep in touch with you and let you know which activities will resume, and when.

We have been busy with a new mobile outreach project, and our converted mini bus (see picture) will soon be travelling around the area. The bus will be spending time in different locations and there will be many resources available on it. We will have representatives from all our services, who will be spending time on the bus at different intervals. There will also be members of the team who can assist with any digital issues and we can also issue tablets to those of you wishing to try one. We will publish information in the newsletter of where and when we will be visiting, as soon as we are able to get out and about again.



Age UK Lindsey's new mobile outreach bus

I hope that you enjoying reading this newsletter. Have a go at the quiz, try the recipe and meet some of the team. Our next newsletter will be circulated in June. If you have anything you would like to share or include please don't hesitate to get in touch, we would love to hear from you.

Liz
Project Manager



Happy Easter from everyone at Age UK Lindsey

Meet Three Members of the Befriending Team



Hello, my name is Karen Morland and I joined the Befriending Team in February.

I have two children, two dogs and a husband (he knows he's always last on the list!)

In my spare time I enjoy reading, walking, gardening and volunteering with local wildlife rescue. I'm terrible at baking, have no talent for art, and no co-ordination for dance, but these are all on my list to improve on.

The team have made me very welcome at a time when usual social contact isn't possible, and it's obvious they've been working hard to try to keep things going in different ways. Looking forward, I'm very keen to get to know you, and our volunteers, and especially getting out and about meeting people face to face.



Zoffie has been with Age UK Lindsey since July 2019. Many of you will have already met her through the befriending service, or spoken to her during a Keep Connected well-being call. Before joining Age UK Lindsey, she has previously worked in education and for the local authorities. Zoffie enjoys her role as a Senior Befriender, especially as she likes to be able to help people and make a difference. She thinks it is important to laugh and have a sense of humour. This has been especially true during the pandemic.

Zoffie lives with her son Cade, two husky dogs and a collection of rabbits and guinea pigs. Family time is key in Zoffie's life and she particularly enjoys being outside walking her dogs and cooking and baking, especially anything involving galaxy chocolate!

Zoffie has been really enjoying her calls to you each week and getting to know you, though she is very much looking forward to a time where she can meet you all face to face.



Hi, my name is Linda Wood (Lin for short) and I'm the new Befriending Co-ordinator, having started in my new role in February.

Writing this at the end of my first week, reflecting on what I've learnt so far, and the huge amount I've yet to learn, I'm so excited to be joining such an amazing organisation as Age UK Lindsey. The colleagues I've met (over video calls!) have been so warm and welcoming and I'm very much looking forward to working as part of the Befriending Team, as well as being part of the wider charity.

My working background over the past 30 years-or-so has largely been in customer services in the Financial sector. Latterly, I have been a full-time carer for my husband, and then, when the pandemic struck, I became a befriending volunteer for several organisations, including Age UK Lindsey. To say I have enjoyed it is an understatement. The pleasure and reward I have personally experienced in doing this has been immeasurable, and I know that the older people who I have been calling have enjoyed and looked forward to our weekly chats as much as I have.

When the role of Befriending Co-ordinator was advertised it seemed a natural progression for me to apply for the position. I'm passionate about trying to make life better for those who are lonely and isolated, especially in current times. One of my main aims this year is to work with the Befriending Team to reach out and recruit more fantastic volunteers; so in turn we can increase our contact to those who truly need someone with whom they can have a friendly chat over the telephone. And then, when the time is right, we will be able to start to meet face-to-face again!

Coming soon - Our 30th Anniversary Celebration Raffle

30th
anniversary
1991-2021

Sudoku

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If you're missing your charity shop fix and have access to the internet, why not check out our eBay store?

Just like our high-street shops, we have a fantastic selection of ever-changing pre-loved clothing, household items and collectables, all at great prices. Payment is secure and postage is free!

Visit our eBay store at:
bit.ly/AUKLeBay

Recipe of the Month



Ratatouille Pasta

Preparation time: 10 minutes | Cooking time: 30 minutes | Serves: 2

Ingredients

- 200g each of sweet potatoes, parsnips and carrots peeled and cut into wedges
- 2 red onions, quartered
- Olive oil
- 75ml/5 tbsps clear honey
- 150g dry pasta - whichever shape you prefer
- 3-4 garlic cloves, peeled and crushed
- 1 tin of chopped tomatoes
- Small bunch of basil, torn
- Salt and pepper to season

Method

- 1 Preheat the oven to gas mark 6/200°C/400°F. Place all the vegetables on an oven tray and drizzle with the olive oil and honey and season. Roast in the oven for about 20 minutes until all the vegetables are tender and browned.
- 2 While the vegetables are in the oven, cook the pasta according to packet instructions. Once all the stock is added, return the pan to the heat, bring to the boil, reduce the heat and simmer for a few minutes. Pour in the milk and bring to a simmer. Stir in the chopped parsley and add freshly ground black pepper to taste.
- 3 Remove vegetables from the oven and put them in a saucepan, along with the crushed garlic and chopped tomatoes.
- 4 Bring to the boil and simmer gently for a few minutes, stirring in some basil leaves.
- 5 Pour over the pasta to serve and garnish with torn basil.

Recipe kindly provided and sourced by Age UK

1970s Quiz

1. What did TISWAS stand for?
2. Who was the longest-serving Prime Minister during the 1970s?
3. What was the name of the jester in Rentaghost?
4. In which year was the film Jaws released?
5. What were the first names of Starsky and Hutch?
6. Which Carry On actor starred in the 70s sitcom, Bless This House?
7. In which year were the sadly-marred Munich Summer Olympic Games held?
8. Which US president resigned in 1974?
9. In which year was the Sony Walkman first available to purchase?
10. What was the best selling single of the decade in the UK?



The Big Knit campaign has returned and we're calling on knitters and crocheters to get their needles out to help raise funds to support our work.

This is the 18th year that the Big Knit has been running and woolly warriors are needed again this year to craft some little hats to sit on innocent smoothie bottles. For each be-hatted smoothie sold, we receive 25p. We have a target to reach of 17,500 hats, which will make a huge difference in how we help older people in the community.

Once completed, your hats can be taken to any **Age UK Lindsey** shop (once they've reopened) or sent to our head office. More details can be found on the enclosed leaflet, on our website or by calling:

01507 524242

Supporting you when you need it most

Age UK Lindsey's Information & Advice service offers free, confidential, quality-assured information and advice for people over the age of 50 across East Lindsey, West Lindsey and North Lincolnshire on a range of topics including finances, health, well-being, housing, local services and social care. We supported thousands of clients in 2020 and secured over £3 million in previously-unclaimed financial support.

Our team of knowledgeable and friendly advisers are contactable by phone weekdays between 9.30am and 2.30pm on 01507 525242.

Why don't you get in touch today?



About Age UK Lindsey

Age UK Lindsey is an independent local charity, working to promote and improve the well-being of older people in East Lindsey, West Lindsey and North Lincolnshire. If you have any questions or concerns about housing, social care or pension-age benefits please call our Information and Advice team on **01507 524242**.

Supported in East in Lindsey by:



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