



Welcome

Welcome to the spring edition of our Keep Connected Newsletter. We have certainly been enjoying a range of weather. One week I was sat at the beach enjoying lunch outside, and the following week, I was watching the snow falling! In fact, during one journey to Mablethorpe last week, I went through hail to bright sunshine then to snow. Let's hope we soon start seeing more of the sun and warmer weather!

Our mobile outreach project enjoyed a recent trip to Baysgarth Park in Barton, which is a lovely place to visit. If you're in the area, don't forget to pop in to our charity shop in the High Street. Recently refurbished, it offers a great mix of pre-loved clothes, home-wares, toys and books. It's open Tuesday-Saturday, 10am to 4pm and is definitely worth a browse.

We have recently started our table loan scheme, which is proving to be very popular. We can loan you a digital tablet and everything you need to 'get online' for 6-8 weeks, including instructions and a handy to user guide. It's completely free, we'll deliver the tablet to your home and we'll even be on hand to help you out if you get stuck. This is a fantastic opportunity for you to 'try before you buy' and experience the digital world at your own pace. If this is something you are interested in, please contact me, Liz Brooks, on 01507 524242.

Hope you enjoy the newsletter and if there is ever anything you would like us to include or feature, please get in touch.

Liz
Projects Manager

All Change for Lin Wood!



Many of you will already know our Befriending Coordinator Lin Wood, pictured above at Baysgarth Park, Barton-upon-Humber, at a recent promotional day with our Outreach Project.

Lin is moving into a new role, and from April will be our new Volunteer Coordinator. Volunteers are at the heart of our charity, supporting our services, shops and projects. Volunteering can be a very rewarding experience, seeing the difference you can make to someone's life, meeting new friends and helping a small local charity to make a difference.

If you are interested in volunteering for us, or if you know someone that might be, please get in touch with Lin on **01507 524242** or **07593 818748** to chat about the opportunities available.



Join The Big Knit! Please help us raise funds by creating little knitted hats to sit on bottles of innocent smoothie drinks. Our target is 25K woolly wonders!

Find out more by visiting our website or calling 01507 524242

Living Later Life Well in Barton-upon-Humber



Living Later Life Well is a community well-being project, based in Barton-upon-Humber. They run a series of activities and events throughout the year aimed at residents over 60. Most activities take place at **Trinity Methodist Church** and they're a great way to meet new people, learn new skills, and best of all - have fun! To find out more about the project or to sign up for their newsletter, contact Community Outreach Manager Jo Marwood on 07821 900623 or you can send an email to: jo.marwood.bartontrinity@outlook.com.

Upcoming Events and Activities in Barton

<p>Monday 16th May 10am to 12.30pm</p>	<p>Needle Felting Workshop Learn the therapeutic art of needle felting and create your own charming blue tit! Suggested donation: £2. Booking essential, contact details above.</p>
<p>Wednesday 25th May 9.30am to 4pm</p>	<p>Visit to Sledmere House in East Yorkshire The trip will include refreshments upon arrival, a special guided tour of the house, lunch in the café and an afternoon to explore the formal gardens, grounds, shops and rare breed animal park. Spaces limited. Suggested donation: £5. Booking essential, contact details above.</p>
<p>Saturday 3rd June 12.30pm to 4pm</p>	<p>Jubilee Afternoon Tea A special afternoon tea party will be hosted at Trinity Methodist Church by Barton Saturday Club, to celebrate The Queen's Platinum Jubilee, including entertainment. Tickets are free, but very limited. Booking essential, contact details above.</p>
<p>Every Other Saturday 2pm to 4pm</p>	<p>Barton Saturday Club Activities, tea and chat. For more information, contact Elaine Georgiou on 07951 374770 or email elaine.georgiou@sky.com</p>
<p>Fortnightly on Tuesdays 1pm to 3pm</p>	<p>Pottery Classes Starting on 10th May, learn a new hobby, meet new people and have fun! Sessions are free, but donations are welcome. Spaces very limited. Booking required, contact details above.</p>
<p>Every Tuesday 11.30am to 12.30pm</p>	<p>Chair-based Exercise Classes Gentle exercise followed by refreshments. Suggested donation: £2. Booking is essential due to limited spaces, so please get in touch with Jo, contact details above.</p>
<p>Every Wednesday 1.30pm to 2.30pm</p>	<p>Table Tennis Relaxed and friendly, ideal for beginners and more experienced players. To find out more, contact Jo, details above.</p>

Connecting With the NHS



"I use the NHS App as it's so quick to book GP surgery appointments or order repeat prescriptions."

Ben, Paramedic

Your NHS, your way
Download the NHS App 😊

NHS App

Download on the App Store | GET IT ON Google Play

Healthwatch North Lincolnshire is working with NHS England to promote setting up and using the NHS App.

The NHS app is FREE to download and is safe and secure.

You can use the NHS app to:

- ✓ Search for, book and cancel appointments at your GP surgery and see details of your upcoming and past appointments
- ✓ View your health record
- ✓ Order repeat prescriptions
- ✓ Get health advice
- ✓ View your NHS number
- ✓ Get your NHS Covid pass

Sudoku

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

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

What do I need to create an account via NHS login?

- A smart phone
- An email address
- To be registered with a GP

Step 1: Download the app

Go to the App Store or Play Store, search for NHS App and download to your phone. Follow the instructions on the app.

Step 2: Create an NHS login account

To create an account, you'll need to know your:

- Email address
- Date of birth
- Post code

You will then be able to create a password.

Step 3: 6 digit security code

You will be sent an email containing a 6-digit security code. Enter the 6 digit code in the app.

Step 4: Your NHS number

You will be asked to enter your NHS number if you know it. If you don't, you can enter your full name. You'll be asked your date of birth and postcode.

Once you have submitted this information, the app should be ready for you to use!

You can find out more about setting up and using the app:

<https://www.nhs.uk/nhs-app/>

February's Quiz Answers

- | | |
|-----------------|------------------|
| 1. Elephant | 6. Wolf |
| 2. Brazil | 7. Fruit |
| 3. Jerusalem | 8. Diabetes |
| 4. Motor racing | 9. Hiroshima |
| 5. Predictions | 10. The Observer |

Horncastle



This month we're taking a look at the home of our charity, the bustling market town of Horncastle.

Called Banovallum by the Romans, which means wall by the river, it was built as a defensive settlement on the angle of the rivers Bain and Waring; part of the old Roman wall can still be seen at the library. Its modern name, Horncastle, comes from the Saxon name Hyrnecastra. Hyrne, being Old English for a horn shaped piece of land formed in a river bend.

As you walk round the town, you notice how many cafés and pubs there are. The area known as the Bull Ring was once the terminus for horse-drawn coaches, with passengers enjoying a stop at the local posting inns: The Red Lion and The Bull Hotel, both of which are still trading. The King's Head, also at The Bull Ring, is one of the county's original mud and stud buildings and still boasts a thatched roof, giving it the local name of The Thatch.

Other notable buildings and places to visit in the town include the Sir Joseph Banks Centre (Bridge Street) and St Mary's Church (pictured above). Dating from the early 13th Century, the church is a Grade II listed building, featuring a number of architectural styles, including: Gothic, Georgian and Victorian.

'Soaps' Quiz

1. What is the name of the pub in Albert Square?
2. Which Emmerdale family's members include Sam and Delilah?
3. What is Trevor Jordache buried under, in Brookside?
4. In which street is Neighbours set?
5. What was Cilla's surname before she married Coronation Street's Les Battersby?
6. In which soap is there a pub called The Woolpack?
7. Redwater was a spin-off featuring which soap characters?
8. Which bird added to a 'Crest' completes the name of a TV soap?
9. Who was Jess Griffin's dad in Holby City?
10. Which Australian soap is set in Summer Bay?

Horncastle is probably most famous for its large array of antiques shops and has often featured on BBC One's Bargain Hunt. However, visitors are also drawn to the town's local market (every Thursday and Saturday), farmers' market (the 2nd Thursday of the month), book shops, craft shops and its newest attraction, the Wolds Wildlife Park. Open to visitors April to October, it's a great day out!

There are many groups and activities in Horncastle for you to join, including: coffee mornings, U3A, Horncastle Walkers and the Horncastle Bridge Group. If you would like more information about the opportunities available, please call 01507 524242 and we can direct you to the relevant contacts.

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. To find out how we can support you to live a better later life, visit our website www.ageuk.org.uk/lindsey or call **01507 524242**.

General Enquires

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To find out more about Age UK Lindsey follow us on social media. Search @AgeUKLindsey

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