



# Welcome

to the August edition of the Keep Connected newsletter

**Summer has certainly arrived**, whether you like it warm or prefer it cool, there has been no escaping it this last week. I made the mistake of entering a 10k run for the 18<sup>th</sup> July a few months ago, realizing it may be warm but not anticipating it to be the hottest weekend of the year so far. I managed to run it all, but it was not my finest performance and without the lovely people of Grimsby being out with their hoses I fear I may have overheated! Having said that I did enjoy it and appreciated such an event being

able to take place; giving the feeling of a bit of normality which I think we are all still craving. I am in the process of entering next year's race, so it can't have been too bad. I am also very much looking forward to watching the Olympics over the next few weeks. This will definitely be preferable to running myself. We've included an Olympic-themed quiz in this issue, for all you sports fans.

We are currently working hard within our Befriending Service to be able to restart face-to-face



**Project Manager Liz at the Grimsby 10k run**

delivery, where requested and if suitable for both the volunteer and befriender. However, please be patient. We are hoping that if nothing changes nationally, we will be in a position to begin to resume in-person visits from September, where appropriate. Making sure all procedures are in place to keep everyone safe is our priority.

If you are looking for something to occupy yourself whilst sitting in the garden, watching the tele or listening to the radio, we are still in need of little hats for The Big Knit fundraiser. There's more information inside. Even if you're totally new to knitting you can help.

We've also included an update on our Mobile Outreach Project: where we have been so far and an introduction to David, our newest member of the team. If you would like to see us out and about with our 'infobus' please check out our website [www.ageuk.org.uk/lindsey/our-services/keep-connected](http://www.ageuk.org.uk/lindsey/our-services/keep-connected) or call **01507 524242** and we can advise you when we will be in your area.

**Liz**  
Project Manager



# Out and About with Age UK Lindsey

Since our last newsletter we have been out and about with our 'infobus'. Having visited Market Rasen, Louth, Spilsby, Woodhall Spa and Horncastle, it's been great to be out in the community, helping with issues, giving advice and promoting our services.

We're looking for different places to visit, so if you would like to see us in your town please let us know and we'll look for a venue. We're also seeking volunteers to join us when out with the bus in different areas. Contact details can be found on the back page.

When we attended Louth, our much-valued Keep Connected volunteer, Ann, joined us. It was so useful to have a local volunteer on the bus and lots of people that came to talk to us really enjoyed engaging with the team, but especially Ann.

Fiona, who had been a part of the Keep Connected Team, and previously delivered our Winter Warmth project, has now moved within the charity and taken up a role within the Finance Department. We're



Volunteer Ann, supporting the Keep Connected team on our new infobus in Louth

sorry to see Fiona leave us as she has been doing a wonderful job in keeping in touch with you all and especially in setting up the mobile outreach project. However, we're pleased to say that David Johnson has just joined us as our new Community Engagement Officer and we're sure that you will see, or speak to him soon.

You can find out more about David on the back page.

## Ways to Wellness

The Ways to Wellness project in Westcliff (North Lincolnshire) is recruiting volunteers from the local community to train as 'Buddies', supporting residents who may be feeling lonely, isolated or nervous about going out, to join activities and groups in their area. It is hoped that by the end of the project they will have helped at least 250 people. Check out some of the upcoming Westcliff activities in the box below.

### What's on in Westcliff?

**Women's Group** -Free session- Every Monday 12:30pm – 2:30pm starting on 09/08/21. For women over 18. Activities are chosen by the group but could include things like art & craft, day trips and guest speakers.

**Walking Group** -Free session- Every Tuesday 1:15pm – 2:30pm starting on 17/08/21. For anyone over 18 looking to get out in the fresh air and start some gentle exercise. Meet in The Arc at 1:15pm

**Coffee Morning** -Free session- Every Wednesday 10:00am – 12:00noon starting 04/08/21 in The Arc Café – For anyone over 18 wanting to meet new people, chat and make friends.

**Bingo** -Small cost- Every Wednesday 1:00pm – 2:30pm starting 06/09/21 in The Arc over 18s only.

**Knit & Sip** -Free session- Every Thursday 12:30pm – 2:30pm for people who would like to learn to knit or crochet, or who already know how and like to chat and knit with like-minded people.

**The Friday Club (men's group)** -Free session- Every Friday 10:00am – 12:00noon for men of any age (over 18). Meet new people, talk about things that are important to you, take part in some activities and go on some trips out.

For more information on any of these activities please contact Linsey on **01724 298818** or **07849811454** email – [linsey.rouse@westcliffcommunityworks.co.uk](mailto:linsey.rouse@westcliffcommunityworks.co.uk)



## Sudoku

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

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

## June Quiz Answers

1. Blackpool Tower
2. Southend-on-Sea
3. The Coors
4. Wish You Were Here
5. True
6. Julius Caesar
7. Summer lovin' had me a blast
8. Saint Swithin's
9. Ronald Reagan
10. Donna Summer

## Walking the Way to Health

This scheme promotes walking for better health in North Lincolnshire. It encourages anyone who takes very little exercise to take those first steps to a healthy lifestyle, in an enjoyable way. All walks are supervised by trained Walk Leaders.

Walking is the perfect activity for improving your health as it can:

- make you feel good
- give you more energy
- help you sleep better
- help reduce stress
- keep your heart 'strong'
- help to manage your weight
- interact with other people and prevent social isolation

The walks available are:

- short, entry-level walks of approximately 1 mile suitable for walking aid users and people recovering from illness or...
- longer, 3 mile walks
- all led by fully trained volunteer Walk Leaders
- all free, no booking required just turn up

A full programme of all the led North Lincolnshire walks is available from the council (contact details below). Here's just a small selection:

**Every Friday 10.30am** Normanby Park walks. Meet in the main car park, Normanby Hall, DN15 9HU. Three walks available for differing abilities, including a short 30 minute walk. Users of wheelchairs and walking aids welcome. 1-3 miles.

**Every Wednesday 11am** Central Park short walk. Meet at Central Park Car Park, Kingsway Scunthorpe. Users of wheelchairs and walking aids welcome. 1-1.5 miles.

**Thurs 5 August 1.30pm** Park walk from North Lincolnshire Museum. Meet in front of the museum, Oswald Road, Scunthorpe, DN15 7BD. 2.7 miles.

**Tues 10 August 10.30am** Belton Fields. Meet at playing fields car park, off Jeffrey Lane, Belton. DN9 1LT. 3 miles.

**Thurs 12 August 10.30am** Barton Town and Baysgarth Park. Meet at Baysgarth Leisure Centre, lower car park, Brigg Road, Barton upon Humber, DN18 5DT. 2.7 miles

**Thurs 12 August 1.30pm** Park walk from Sainsbury's. Meet at Sainsbury's entrance, Henderson Avenue, Scunthorpe DN15 7RQ. 2.7 miles

For further information and a copy of the full programme contact: [christine.johnson@northlincs.gov.uk](mailto:christine.johnson@northlincs.gov.uk) | **0771 7586380**



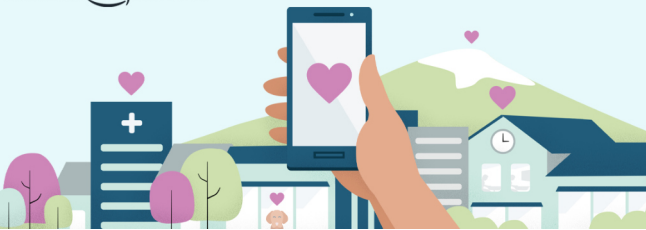
**Get knitting for Age UK Lindsey.** For every little knitted hat you send us, we receive 25p. Our target is 17,500 little hats! Find out more by visiting our website: [bit.ly/AUKLbk](http://bit.ly/AUKLbk) or calling **01507 524242**

## Olympics Quiz

1. The Olympic torch is lit at which ancient site in Greece?
2. Which is the only city to have held the Summer Olympic Games three times?
3. Which winter Olympic sport is played with stones and brooms?
4. Linford Christie was the oldest person to win Olympic gold in the 100m. At which Games did he achieve this?
5. Which athlete won gold in both the 200m and 400m wearing gold shoes at the 1996 Olympics?
6. Which is the only country to have hosted the Summer Olympic Games and not win a gold medal?
7. When did women first participate in the Olympic Games?
8. The Olympic Games in 1940 were cancelled. In which city or cities were they due to be held?
9. At the 1960 Olympic Games in Rome, what did British track athlete Bruce Tulloh have in common with Ethiopia's marathon winner Abebe Bikila?
10. Which Summer Olympic Games was the first to be televised live?

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## 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](https://www.ageuk.org.uk/lindsey) or call **01507 524242**.

### General Enquires

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**Website** [www.ageuk.org.uk/lindsey](https://www.ageuk.org.uk/lindsey)

Reg. Charity Number 1079691 | Company Number 3917990

## Meet the team



**Hi, my name is David Johnson** and I'm the new Community Engagement Officer (IT). For most of my working life I was a Graphic Designer with my own company producing design for companies like Asda, BHS and Cadbury's (the free chocolate was a bonus!) A few years ago I became disillusioned with the world of commerce and decided to change my life's direction. I started by volunteering in all sorts of roles including driving a minibus for Dial a Ride Lincoln. I was lucky enough to then be offered a role at Alzheimer's Society as Engagement and Involvement Officer.

Following that I spent two years working for Lincolnshire Co-operative Society helping to start new working Co-operatives around Lincolnshire. I then had a short period working in a Care Home as Volunteer Coordinator until COVID hit in spring 2020. Due to health issues I have been self isolating for over a year and a half. As we began to come out of COVID more recently, I applied for and was very happy to be offered this role at Age UK Lindsey.

I love helping people in any way I can and this role will offer me lots of opportunity for that. I love gardening and have my own allotment, and last November I adopted a rescue dog from Romania who I have renamed Monty. He is much better now but has given me many challenging moments on our journey together! I look forward to being part of a team again and helping everyone to return to as normal as possible after what we have all been through.

Supported in East in Lindsey by:



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