



Welcome

to the February newsletter, our first of 2021. Whilst writing this, the wind is howling outside and the rain is torrential, so we are not quite seeing the signs of spring, just yet!

Without doubt, foregoing some of the traditional Christmas and New Year celebrations in 2020 proved difficult for us all. More importantly, many of us will have missed seeing family and friends, and sharing time together. Telephone calls and digital communications may have increased, but at Age UK Lindsey, we really appreciate that these do not make up for the lack of face-to-face contact that you may be more used to.

However, we were thrilled to be able to organise and deliver more than 400 festive well-being parcels throughout December. The packs were available thanks to funding from Age UK national and T.E.D. in East Lindsey - one of our service partners supported by the National Lottery Community Fund. It was great to work with Woodlands Cafe in Woodhall Spa to create the Christmas parcels, and even better seeing you all when out making deliveries. Your kind messages and cards confirmed to us the importance of staying connected with you during the ongoing pandemic. We've also received a lot of positive feedback regarding the Christmas cards included with the parcels, which were designed by the children from Fiskerton, Great Steeping and Horncastle schools. Each design had been submitted for our competition, (sponsored by Horncastle Tesco), with the winners being selected as Ben Willoughby from Great Steeping Primary School (7 and under category), and Liberty Stepnieska from Fiskerton CofE Primary School (8 and over category).

As a team, we were delighted to see so many happy faces when we knocked on doors across the district. It was great to have the opportunity to deliver the gifts, and continue our support, despite the difficult circumstances.

As 2021 begins, we know that many of you will have already been offered the Covid vaccination. And although we are still in full lockdown, there is hope for a brighter future and we can look forward to meeting socially again.

“The response has been overwhelming, with resounding praise for the cards designed by the schoolchildren and the lovely treats provided.”

Andy Storer, CEO



Delivering the Christmas well-being packs and the winning designs from our Christmas Card Competition.

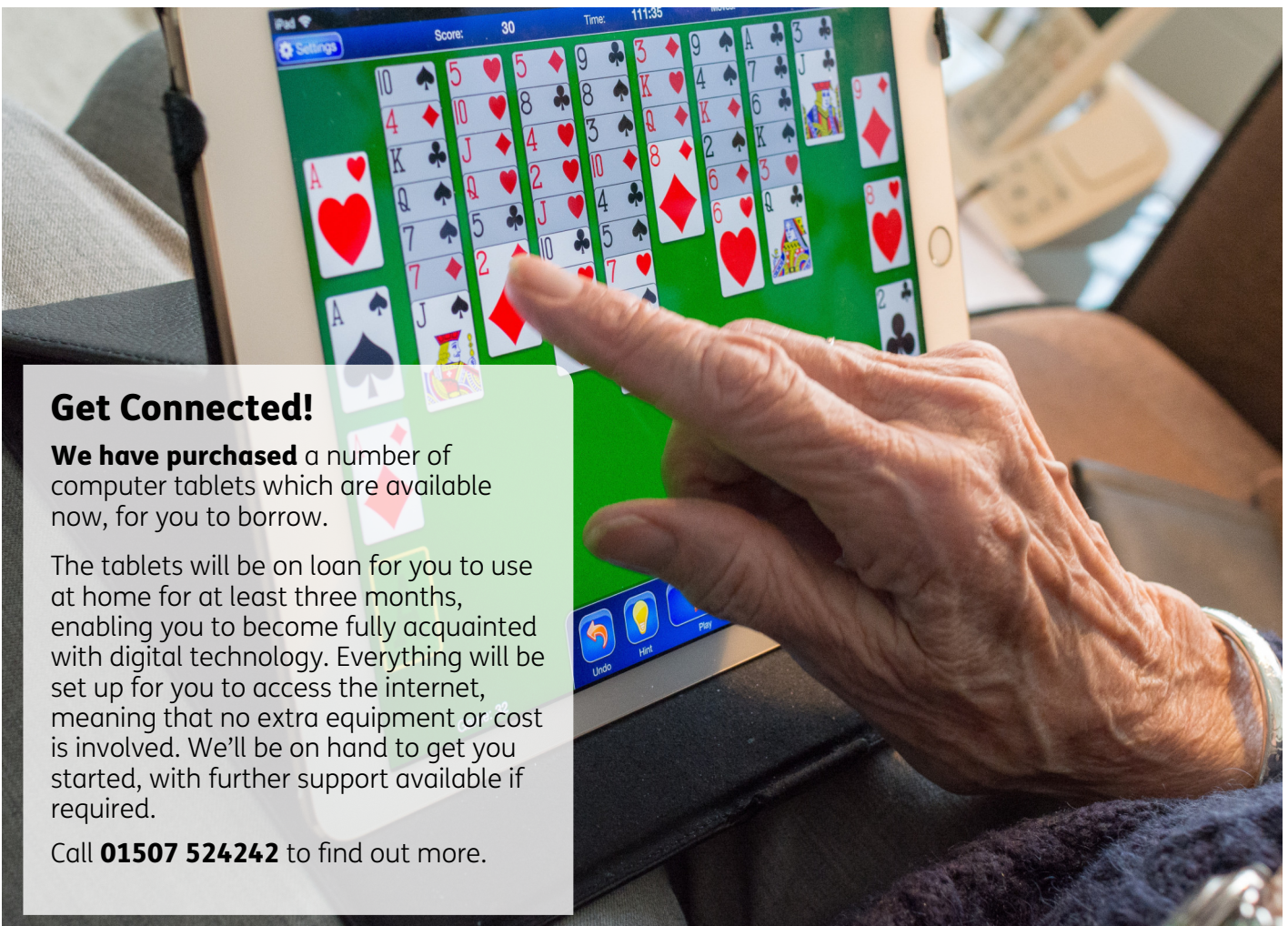
Craft Corner



During the first lockdown, Charity Support Assistant, Kay McNamara, decided to keep herself busy by starting a new hobby. Being a keen crafter, she opted to learn all about pom-poms!

Having bought a set of pom-pom makers and a variety of yarns via the internet, Kay was hooked immediately. Her first attempt at making a pom-pom wreath was a very modern take on a traditional Christmas decoration, comprising of an incredible 82 handmade pom-poms and measuring 35cm in diameter (about 14"). She added in the handmade tassels and a few baubles for a bit of extra sparkle. The wreath took about a week to make, and proved so successful that she went on to make many more for friends and family. On average, each wreath requires 5-7 balls of yarn and a polystyrene ring wrapped in hessian to use as a base; the pom-poms are stuck on using a glue gun. The trickiest part for Kay, was keeping the cats away from the balls of yarn!

If you have a hobby you would like to share with us to be featured in the newsletter, please call on **01507 524242** or email **info@ageuklindsey.co.uk**.



Get Connected!

We have purchased a number of computer tablets which are available now, for you to borrow.

The tablets will be on loan for you to use at home for at least three months, enabling you to become fully acquainted with digital technology. Everything will be set up for you to access the internet, meaning that no extra equipment or cost is involved. We'll be on hand to get you started, with further support available if required.

Call **01507 524242** to find out more.

Take a Break

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

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

Here to Help

If you need help with applying for pension-age benefits or a blue badge, don't hesitate to call our Information and Advice team.

We can support you over the phone to make benefit applications, and advise on a variety of topics including: health, housing, social care, accessing local services and staying safe during the pandemic.

Call us Monday to Friday on:

01507 524242

Recipe of the Month



Easy Mushroom Soup

Preparation time: 15 minutes | Cooking time: 20 minutes | Serves: 2

Ingredients

- 25g butter
- 1 onion, finely chopped
- 1 green pepper, finely chopped
- 1 leek, finely chopped
- 1-2 garlic cloves, peeled and crushed
- 300g mushrooms, ideally button or chestnut, sliced
- 2 tbsp plain flour
- 450ml milk
- 450ml vegetable stock
- 1 tbsp finely chopped parsley

Method

- 1 Melt the butter in a pan over a low heat and gently sweat the onion, green pepper, leek and garlic until they start to soften.
- 2 Increase the heat and add the mushrooms to the pan, stir until well combined. Continue to fry until the mushrooms are cooked. Stir in the flour and cook for one minute. Remove the pan from the heat and add the stock a little at a time, stirring well between each addition.
- 3 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.

Recipe kindly provided and sourced by Age UK

Christmas Quiz Answers

1. Jodie Whittaker
2. Aladdin
3. Indian Ocean
4. Jacob Marley
5. Mary's Boy Child
6. When Pulling a Cracker
7. Yule Log
8. Germany
9. Norway
10. Tom Smith, a 19th Century Sweet Shop Owner
11. The Merry Wives of Windsor
12. Oliver Cromwell
13. January 5th
14. Natalie Wood
15. Only Fools and Horses
16. 10 Lords a Leaping
17. 3pm
18. Elvis Presley
19. Blitzen
20. God Rest You Merry Gentlemen


Your Birthdays

Happy Birthday to everyone celebrating their special day in January or February, from everyone at Age UK Lindsey!



NHS

There is no need to apply for the COVID-19 vaccine.



When it's your turn to receive it, you will be notified by the NHS.

NHS

HM Government

WASH HANDS

COVER FACE

MAKE SPACE

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**.

General Enquires

Age UK Lindsey
The Old School House
Manor House Street
Horncastle, LN9 5HF

Telephone 01507 524242

Email info@ageuklindsey.co.uk

Website www.ageuk.org.uk/lindsey

Reg. Charity Number 1079691 | Company Number 3917990

Supported in East in Lindsey by:

