



Welcome

Here we are in February: "February is short and very sweet" (Charmain J Forde). This follows what many have called a never-ending January! I was ambitiously one of the 8 million people who did 'Dry January', and as I am writing this on 1st February I am definitely pleased that is over!!

Chinese New Year 2022 also falls on 1st February, which means we are now in the year of the Tiger. If you were born in 1938, 1950, 1962 ... then this is your year. Those born in the year of the tiger are said to share traits with the animal, such as leadership, courage and assertiveness.

I seem to have spent a lot of time keeping wrapped up when outside or enjoying being cosy at home. We've been helping you to keep warm, for less, as part of our Winter Warmth programme. Project assistant Helen-Jane has been out and about, visiting clients and fitting products to help keep their energy costs down. The nightlights have also been popular, making it much easier and safer for anyone needing to get up in the night.

Our Befriending Service is still providing support to over 100 clients on a regular basis, either by telephone or as a regular visit. We are always on the lookout for befriending volunteers; if that's something you, or someone you know, would enjoy, don't hesitate to get in touch. We also need volunteers for our Volunteer Visitor Host Project, which you can read more about inside. This helps support care homes within the county to facilitate visits, so that the residents can reconnect with their loved ones. A great and worthwhile project.

I hope you enjoy the article about the wonderful Kinema in the Woods in Woodhall Spa, which is a unique cinema experience and definitely worth a visit. If you've had a memorable visit to a local attraction, or would like to share a hobby, book review or family recipe, we welcome contributions to our Keep Connected newsletter, so please do get in touch - contact details are on the back page.

Liz
Projects Manager

Age UK Lindsey's Infobus



Our Community Outreach project, visiting local towns and villages with the Age UK Lindsey **infobus**, has continued to be popular. Despite the weather, we managed to visit a number of locations during December and January, and were really pleased to be joined by a number of local service partners. Teaming up with colleagues from Lincolnshire Police, Lincolnshire Fire and Rescue and the NHS means that with each stop we make, we're able to offer a broader range of information, advice and support; covering topics such as: scams awareness, being safe at home and keeping well during winter. In the coming weeks, we'll be joined in Spilsby (17th Feb) and Market Rasen (22nd Feb) by Carers First, a national organisation providing help and advice for unpaid carers.

More dates will be announced soon, so if you'd like to meet some of the Age UK Lindsey team, find out more about our services, pick up a few leaflets or get help with using digital technology, come and see us on the infobus!

You can find out more by visiting our website: www.ageuk.org.uk/lindsey/keep-connected or calling **01507 524242** and asking to speak to David.

Men Do Project From Carers First



The Men Do Project is for men. If you are over 50 and live in East Lindsey, why not give it a go? It is all about giving you the chance to get out, meet others and have fun doing something in which you are interested. All the activities and events are completely FREE, though spaces may be limited and most must be booked in advance. To book your place on any activity or event or for more information call the Carers First Hub on **0300 303 1555** or email: **hannah.key@carersfirst.org.uk**

Men Do Events and Activity Programme

<p>Tuesday 22nd February 12pm</p>	<p>Ten-pin bowling 2 games of ten-pin bowling, followed by a drink in the bar. Skegness Empire Bowl & Bar, Grand Parade, Skegness PE25 2UG</p>
<p>Thursday 24th February 11.45am</p>	<p>Indoor Bowls Including tuition from the pros, followed by food in the cafe. Louth Indoor Bowls, Birch Rd, Louth LN11 8DU</p>
<p>Thursday 3rd March 11am - 3.15pm</p>	<p>National Coal Mining Museum This visit includes a tour underground, followed by an opportunity to have lunch at the on-site cafe. Transport included with pick-ups from Skegness, Mablethorpe and Louth, starting at 7.30am. This is a +1 event so you can bring a friend/spouse/partner etc.</p>
<p>Friday 11th March 7pm</p>	<p>Pub Games Night - Mablethorpe Including classics like dominoes, cards, Connect4 and Jenga. Light bites provided. The Louth, High Street, Mablethorpe LN12 1AF</p>
<p>Wednesday 16th March 7pm</p>	<p>Pub Games Night - Louth Including classics like dominoes, cards, Connect4 and Jenga. Light bites provided. The Woolpack Inn, Louth LN11 ODA</p>
<p>Wednesday 30th March 10.30am</p>	<p>Easter Brunch An Easter-themed brunch in a relaxed atmosphere. Farmer Browns Ice Cream Parlour, Woodrow Farm, Huttoft, Alford LN13 9RL</p>
<p>1st Tuesday of every month 9am - 11am</p>	<p>Masons Banter Breakfasts Free breakfast at local cafes, no need to book but you will need to request a membership card (contact details above) which must be shown when ordering your food. Funded by the Freemasons.</p> <p>Spilsby - The Cornhill Cafe, 5 Cornhill, PE23 5JP Mablethorpe - The Louth, High Street, LN11 1AF Louth - The Trinity Centre, Eastgate, LN11 8DJ Horncastle - The Bridge, 17 Bridge Street, LN9 5HZ Alford - Farmer Browns Woodrow Farm, Huttoft, LN13 9RL Wainfleet - Filling Station, 40 High Street, PE24 4BN Skegness - Morrison's Store Cafe, Wainfleet Road, PE25 3NZ</p>



Calling all knitters and crocheters! Please help raise funds for Age UK Lindsey by creating little knitted hats to sit on bottles of innocent smoothie drinks.

Find out more by visiting our website or calling 01507 524242

Sudoku

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

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

Xmas Quiz Answers

1. Clarence
2. Macy's
3. Arnold Schwarzenegger
4. Max
5. Kevin McCallister
6. Will Ferrell
7. Tom Hanks
8. Deck The Halls
9. The Griswold Family
10. Hugh Grant
11. The March family
12. Have Yourself a Merry Little Christmas

Volunteer Visitor Host Project



The VVH project has been designed to make a real difference to care home residents and their loved ones, by facilitating visits during the coronavirus pandemic. Volunteers are key in delivering the service, and we need your help.

If you, or someone you know, would like to get involved, we're looking for friendly faces who have a few hours to spare each week, and who would like to help reunite families.

Working closely with care home staff, volunteers will support and guide visitors through the steps they need to take to ensure their visit is safe. This will include

support in administering lateral flow tests, helping visitors to understand guidelines and manage their PPE, and completing the necessary paperwork when a visit takes place. This role would be ideal for anyone wanting to help their community's response to the Covid-19 pandemic, or who may wish to gain experience in a social care setting.

To find out more, visit our website:

<https://www.ageuk.org.uk/lindsey/get-involved/volunteer/>

or call **01507 524242** and ask to speak to Kate.



Carers First
supports unpaid
carers so they can
live their lives to
the fullest

Get in touch to find out
how we can support you

carersfirst.org.uk

0300 303 1555



**Carers
First**

Kinema in the Woods



The Kinema in the Woods is housed in an old sports pavilion, nestling amongst the trees in the lively village of Woodhall Spa, not far from Age UK Lindsey's Head Office in Horncastle. Now celebrating its 100th anniversary, we take a quick look at what makes this unique cinema so special.

Situated in the former grounds of the old Victoria Hotel, the pavilion was purchased by Sir Archibald and Lady Weigall in 1922 (along with the remains of the hotel, which had burned down in 1920), and was quickly transformed into a modern moving-picture theatre, or kinema, as they were sometimes known. The Kinema has remained independent and family-owned throughout its history, and has gradually increased in size, without losing its charm and individuality.

General Knowledge Quiz

1. What is the world's largest land mammal?
2. Rio de Janeiro is a city in which South American country?
3. Which Middle-Eastern city is also the name of a type of artichoke?
4. With which sport is Silverstone most associated?
5. Nostradamus was famous for making what?
6. In mythology, Romulus and Remus were brought up by which animal?
7. What is the main source of vitamin C?
8. Insulin is commonly used to treat which condition?
9. The first atom bomb was dropped on which Japanese city?
10. Which is Britain's oldest Sunday newspaper, first published in 1791?

Now boasting four screens and showing all of the latest block-busters, the Kinema still retains a friendly and intimate atmosphere. Screen One, the largest auditorium with just 169 seats, is believed to be the only full-time cinema in the UK still utilising back-screen projection and even has a traditional Compton Kinestra organ, which is regularly played during the interval at Saturday night's screenings.

Of particular interest to older cinema fans, Senior Screen (Thursdays, 11am) offers the over 65s a carefully curated selection of the best films, at a reduced ticket price of £5.50, including a hot drink and biscuits.

To find out more, or book tickets, visit: <https://thekinemainthewoods.co.uk> or call **01526 352166**

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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