



Welcome

to the June edition of the Keep Connected newsletter



Our Easter well-being packs

It was lovely to see so many of you when we delivered our last newsletter and well-being packs at the end of March. We hope you enjoyed receiving the packs as much as we enjoyed delivering them. The packs were beautifully decorated by the primary school children at Fiskerton, Great Steeping and Scampton and I am sure you'll agree they did a great job. The lovely plants were supplied by Horncastle Garden Centre, and our friends at Woodlands Café Woodhall Spa supplied the delicious treat boxes.

1st - 7th June is Volunteers' Week, therefore we would like to say a big thank you to all our wonderful volunteers. They are at the heart of our charity and enable us to provide our wonderful befriending service, make much appreciated well-being calls, work in our charity shops and help at activities, friendship groups and lunch clubs. We're always keen to hear from anyone interested in joining the team, you'll find more details inside.

As we are starting to enjoy restrictions easing, and things

opening up again, we have included some of the activities we have been advised are restarting. If anyone has anything to add to this please let us know and we can feature it in our August newsletter. T.E.D has recently started a new friendship group - Ageing Without Children - you'll find further information about this, over the page.

12th May 2021 saw the launch of our Mobile Outreach Project - bringing our charity directly to the community. We now have everything ready to start getting out and about with our bus. We'll keep an up-to-date timetable of where we will be on our website:

www.ageuk.org.uk/lindsey or call **01507 524242** and we can advise when we will be in your area.

Liz

Project Manager



Enjoying the sunshine and a well-being pack



Calling all knitters and crocheters! We need your skills to knit little hats for innocent drinks bottles. For every hat you send us, we receive 25p. Our target is 17,500 little hats! visit bit.ly/AUKLbk or call **01507 524242** for more details

TED in East Lindsey

TED (Talk, Eat, Drink) Ageing Better in East Lindsey is a seven year project, supported by the National Lottery Community Fund and working with individuals, groups, organisations and local businesses to reduce loneliness and social isolation in the over 50s. As lockdown restrictions ease, they are hoping to resume their programme of events supporting older people in East Lindsey. Contact TED on **01529 301966** for more details.



Ageing Without Children

TED in East Lindsey is excited to announce the launch of a new initiative for people who are over fifty and ageing without children. There is no absolute definition for those ageing without children but it does include:

- Those who have not had children either through choice, infertility or circumstance.
- Those who have had children, but those children:
 - have predeceased them
 - are unable to offer help or support because they live at a great distance
 - have care needs of their own
 - are unwilling to offer help and support because they are estranged or have no contact.

The TED AWOC group will run fortnightly on a Tuesday from 4.30pm to 6pm, and is open to anyone over fifty who is ageing without children. The group will initially be a virtual group held via Zoom.

Please contact Heather Wheeler at TED if you are interested in attending the TED AWOC group.
Tel: **01529 301966**
email: heather.wheeler@lincsymca.co.uk
website: www.tedineastlindsey.co.uk/ageing-without-children-awoc/

TED in East Lindsey Friendship Groups

Horncastle Over 50s Youth Club will be meeting at the Horncastle Community Centre for coffee and cake (new venue for the group). All new and existing members welcome. Introductory one-hour sessions:

- Wednesday 9th June 2pm - 3pm
- Wednesday 23rd June 2pm - 3pm

The group hopes to resume fully on Wednesday 7th July 1.30pm - 3.30pm

Binbrook Friendship Group will be meeting in June for a heritage walk around the village with Marko Humphrey from Magna Vitae, followed by refreshments at The Plough:

- Wednesday 16th June 10.30am - 12.00pm.
Meet outside the village hall at 10.15am

The group hopes to resume fully soon after this, meeting on the third Friday of the month at The Plough, 10.30am - 12.00pm.

Skegness Friendship Group is inviting all new and existing members from both groups to a coffee morning at Newpark Club, 31 Scarborough Avenue, Skegness to chat about restarting the groups:

- Friday 11th June 10.30am - 12.00pm

Mablethorpe and Chapel St. Leonards Friendship Groups are both waiting for their host venues to reopen.

Meet the team



Hi, my name is Kathryn Pollard and I'm the Befriending Administrator for Age UK Lindsey. I started at the charity just over a year ago, providing admin support to our hardworking Befriending Team. I hadn't been in post too long before the Covid-19 pandemic hit and since then I have spent much of my time talking to our lovely clients all across the region and supporting them through these difficult times. It's a lovely feeling to know that a simple telephone call can make such a difference to someone's day. I'm looking forward to the springtime and better weather so that I can get back to doing my gardening again! I'm also a huge animal lover and we adopted a cat back in August from a local rescue charity in Lincoln. We named her Darcey and she came to us as a very nervous little thing due to her history of being mistreated. She has come on leaps and bounds in the last six months and now rules our household in typical feline style!

Sudoku

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

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



In recognition of Volunteers' Week 2021, we would like to say a huge thank you to all of our amazing volunteers for the fantastic work that they do, supporting our services. If you would like to learn new skills, make new friends or simply get involved, why not volunteer for Age UK Lindsey yourself? We have a variety of opportunities available, including befriending, admin support, fundraising or helping out in our shops. Get in touch to find out more.

call **01507 524242**
visit **bit.ly/AUKLVol**

Recipe of the Month



Microwave Mini Lemon Sponge Puddings

Preparation time: 10 minutes | Cooking time: 70-80 seconds | Serves: 4

Ingredients

- 50g softened butter
- 50g caster sugar
- 1 lemon, zest and juice
- 1 large egg
- 50g self-raising flour
- 3 tbsps of lemon curd (or other jam as preferred)
- Custard, cream or crème fraîche to serve

Method

1. Grease individual ramekin dishes or small tea cups. (Make sure they are suitable for use in the microwave).
2. Beat the softened butter, sugar and the grated zest of the lemon with one teaspoonful of lemon juice until light and fluffy, then beat the egg lightly and add slowly to the mixture.
3. Add sifted flour slowly and beat until absorbed.
4. Spoon the mixture into the dishes – do not fill above half way as the mixture rises very quickly and is very hot. Cover with a loose lid or cling film and microwave for 70 seconds.
5. Once the 70 seconds is over, let the pudding stand for 10-20 seconds before testing if it's spongy (the heat transfers with time so it might not seem cooked straight away). To test, carefully press with a finger to see if spongy. If it isn't, try another 10 seconds but do not microwave for too long or the sponge will harden.
6. Turn the sponges out onto plates and spoon the lemon curd or jam over the top.
7. Serve on its own, with hot custard or a little cream or crème fraîche.

Summer Quiz

1. Which British seaside attraction is 158m tall?
2. At 1.34 miles, where is the longest pleasure pier in the UK?
3. Which group had a Top 10 hit with Summer Sunshine in 2004?
4. What was the name of the ITV holiday show hosted by Judith Chalmers?
5. Thunderstorms are most likely to hit the south of England, True or False?
6. July is named after which famous Roman?
7. What is the first line of the song Summer Nights from the musical Grease?
8. Which feast day falls on July 15th?
9. Who was credited with saving 77 lives during 7 summers working as a lifeguard at Lowell Park, Illinois, starting in 1926?
10. Which singer was know as the 'Queen of Disco'?



We're working with the South Yorkshire & Humberside ACF (Army Cadet Force) to develop a pen pal scheme in the North Lincolnshire area. The cadets are hoping to strike up friendships with older people by sending and receiving letters, and we're looking for participants. It would be good if you have a military background, but it's not essential.

If you would like to find out more, please get in touch with Lin Wood by phone **01507 524242** or email linda.wood@ageuklindsey.co.uk and we'll take it from there.

All correspondence will be handled by us at Age UK Lindsey. We will manage the receipt and delivery of letters between you and the cadets, therefore client confidentiality will be maintained at all times.

What's on in Winthorpe?

YOUR TIMETABLE

WINNIES

Community lounge

Monday

10 am - 12pm
Coffee morning & Job club support

Tuesday

1-3pm
Knit and Natter

Wednesday

Wednesday 12:00 Lunch club
£4.50 each with dessert
Must be pre booked!

Thursday

Art group 10-12
Craft class 1-3pm

A community lounge
run by
volunteers

Friday

1-3pm Computers for beginners
Must be booked

BOOKINGS

Contact Jodi on
07738997000
jodibrad80@hotmail.com

Winnies Community Lounge And Winthorpe community centre Roman Bank Winthorpe
07738997000. jodibrad80@hotmail.com Reg Charity number 1172258

70s Quiz Answers

1. This is Saturday, watch and smile
2. Edward Heath
3. Timothy Claypole
4. 1975
5. David and Ken
6. Sid James
7. 1972
8. Richard Nixon
9. 1979
10. Mull of Kintyre/Girls' School by Wings

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**.

Supported in East in Lindsey by:



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