



Welcome

to the autumn edition of the Keep Connected newsletter, we hope you enjoy it!



Our newly-refurbished shop in Barton-upon-Humber

At Age UK Lindsey we work hard every day to promote and improve the well-being of all older people. Our aim is to help make later life a fulfilling and enjoyable experience by providing support to older people, their families and carers. Our Information and Advice Service, offering free, quality-assured, independent help and guidance in topics specific to people over fifty continues to be a vital resource to older people across East Lindsey, West Lindsey and North Lincolnshire. Whilst our Befriending and Keep Connected services are helping to reduce loneliness and social isolation.

It is a real privilege for us to have been providing services to the over 50s for the last thirty years, which is why we're looking forward to celebrating Older People's Day on 1st October. This year, we'll be joining TED (one of our key funding partners) at the Meridian Leisure Centre in Louth - see inside for more details.

Older People's Day, or International Day of Older Persons as it is known globally, is our opportunity to highlight some of the issues faced by an ageing population, as well as recognising and celebrating the contribution older people make to society. If

you can join us for the morning at Louth, we'd love to see you!

Good news - our Barton Shop reopened on Tuesday 7th September, much to the joy of the local community, and there have been so many positive comments. The shop had been closed for 22 months, following essential repairs to the roof and a refurbishment of the shop front and retail area. It is now clean, spacious, tidy and fully stocked with lots of useful and desirable items and well worth a visit.

There are dedicated areas for furniture, home-ware, clothing, books, media and accessories, and a separate office space which will act as an information and meeting point, when guidelines allow. The shop also has a new digital device for customers to use, enabling you to visit our website and sign up to the Gift Aid scheme in store.

Opening hours are Monday to Saturday, 10 am to 4pm, with a 30 minute lunch break (until new volunteers have been recruited).

Details about all our shops can be found on our website www.ageuk.org.uk/lindsey or by calling **01507 524242**.

Not only has our shop in Barton-upon-Humber reopened, we're also pleased to announce that we will be offering the E.ON Winter Warmth scheme again this year. With energy prices set to rise, it really is worth calling us to see if we can help you to stay warm and well this winter, more details can be found on the back page.

Also keep an eye out for our infobus, which is travelling to towns and villages across our area. Pop by and say hello, pick up information about our services, get help with going digital, sign up to the West Lindsey Lottery or purchase tickets for the Age UK Christmas raffle for your chance to win the top prize of £25,000 or a hybrid Toyota Yaris!

Liz
Project Manager

Meet the Team



Hello, my name is Clare. I joined Age UK Lindsey in July of this year, and am working in partnership with Citizens Advice North Lincolnshire and the local council on 'The Help Project' - assisting residents over fifty who have experienced the loss of a loved one.

We work closely as a team to provide a friendly support network for the recently bereaved, with the aim of reducing social isolation, raising awareness of scams and helping to improve mental well-being following a crisis. Like all services, the project has had to adapt to fit around the challenges presented by the pandemic, but has also proven to be vital in supporting the residents of North Lincolnshire.

Outside of work, I love making memories: family days out, seeing friends and spending time with my two beautiful dogs.

West Lindsey Lottery

WEST LINDSEY
lottery supporting



**Play today
and support our cause!**

- Make a difference to the community and support our cause
- Sign-up for only £1 a week!
- You get the chance to win cash prizes up to £25,000 every week!
- We get 50p from every £1 ticket
- Join your community in making where we live an even better place

To start supporting, visit:

www.WestLindseyLottery.co.uk

and search for: **Age UK Lindsey**

Supporters must be 16 years of age or older



Sign up to the West Lindsey Lottery for your chance to win up to £25,000 whilst supporting Age UK Lindsey! Tickets cost just £1 per week and we receive 50p from every ticket sold.

All money raised from the lottery will support our Information & Advice service to continue providing free and confidential advice to older people, their carers, friends and relatives. Visit our page on the West Lindsey Lottery website to sign up and read the full terms and conditions.

August Quiz Answers

1. Olympia
2. London - 1908, 1948, 2012
3. Curling
4. Barcelona 1992
5. Michael Johnson
6. Canada (Montreal 1976)
7. 1900 Games in Paris
8. Tokyo & Helsinki
9. They both ran barefoot
10. Berlin 1936

Sudoku

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

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

Infobus Dates

Fri. 1st October 10am-1pm
The Meridian Leisure Centre
Louth

Wed. 6th October 10am-3pm
Hemingby & East Barkwith

Thu. 7th October 9am-2pm
The Walled Garden
Baumber

Fri. 8th October 9am-2pm
The Walled Garden
Baumber

Fri. 15th October 10am-3pm
Marshall's Yard
Gainsborough

Fri. 22nd October 10am-3pm
Horncastle Garden Centre

Older People's Day



INTERNATIONAL DAY OF OLDER PEOPLE

Friday 1st October, 10am - 1pm at the Meridian Leisure Centre, Louth

Join us for a free cuppa and a chat. We will have information, activities and a guided walk with litter picking

Our partners are delivering:

Lincs Digital - "Digital Pollution and the strive to be Greener"
Promoting simple ways you can be greener at home.

Age UK Lindsey - Will bring their Outreach Minibus, with information, free help with digital devices and details of the Winter Warmth Programme.

Fitness, Food and Friends - Free Tai Chi taster session.

For more information please contact the TED Team on 01529 301966 or email ted@lincsymca.co.uk



On 1st October, the UK will join together to celebrate Older People's Day, part of the United Nation's International Day of Older Persons: a global response to the challenges faced by older people living in the 21st century and an opportunity to promote the development of a society for all ages.

Worldwide, there are currently more than 700 million people over the age of 60. By 2050, that will rise to two billion, and people over the age of 60 will make up a fifth of the population.

In Age UK Lindsey's area of benefit (East Lindsey, West Lindsey and North Lincolnshire), there are currently more than 104,000 people over the age of 65. By 2041, estimates predict that this could rise by more than 33% to nearly 140,000 people (data source LG Inform). Which is why we continue our work to support you, and help to make later life a better life for all.

Join us and TED for a morning of celebration at The Meridian Leisure Centre, Louth on Friday 1st October, 10am to 1pm!

Food and Drink Quiz

1. What type of pastry are profiteroles made from?
2. Which vegetable can be oyster, chestnut or shiitake?
3. What is wiener schnitzel?
4. How is steak tartare cooked?
5. Which drink is Worcester Sauce traditionally added to?
6. What is beef fillet cooked in puff pastry called?
7. What gives Windsor Red cheese its colour and flavour?
8. Which meat is used in Glamorgan sausages?
9. Which fruit is a cross between a blackberry and a raspberry?
10. Which type of pasta's name means 'little worms'?
11. What is pancetta?
12. What is the main ingredient of black pudding?

Age UK Lottery



Coming Soon!

The Age UK Christmas Raffle! Many prizes to be won, including a first prize of £25,000 or a hybrid Toyota Yaris. **Call for more details.**

E.ON Winter Warmth

We're pleased to let you know that we will be delivering the E.ON Winter Warmth project again this year. If you had a telephone check last year and required products, we'll be in touch shortly to get those products fitted for you. If you're new to the scheme, get in touch to see how we can help.

The project supports older people to stay warm and well through winter, offering free home-energy checks and products to people who are finding it difficult to keep their homes warm and who may be at risk of cold-related illnesses.

Your free home-energy check will be conducted by telephone, assessing your individual needs. Any products recommended will be supplied and fitted free-of-charge. (The installation of the products will be carried out within current Covid guidelines.) Equipment can include: night lights, radiator panels, energy efficient light bulbs, draught excluders, and letter box seals. Other products are available and we may signpost you to other schemes to help support you through the winter months.

To be eligible, you must be **over 65** and meet **one** of the following criteria:

- On an income below £16,190.
- Suffering from a long-term health condition e.g. COPD, cardiovascular problems, arthritis, or dementia.
- Living in a home that's 'hard-to-heat', e.g. a block of flats or a property with solid walls, no loft insulation or using LPG or oil for heating.

If you have any questions about the Winter Warmth project or queries regarding referring someone for having an assessment, please do not hesitate to call the office on 01507 524242.

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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Reg. Charity Number 1079691 | Company Number 3917990

Supported in East Lindsey by:



TED is funded by the National Lottery Community Fund and managed by YMCA Lincolnshire.