



Age-friendly
Ambassadors

Age-friendly News

Spring 2024

Welcome to our first Age-friendly newsletter where we will be sharing Age-friendly information and ideas.

East Lindsey committed to becoming an Age-friendly community in 2019 becoming part of the [UK Network of Age-friendly Communities](#).

“An Age-friendly Community is a place that enables people to age well and live a good later life.”

So, if you are aged 50 or over and living in East Lindsey then this is for you 😊



**Age-friendly Ambassadors...
Would you like to join us?**

Would you like the opportunity to have your say on issues that affect you and share Age-positive messages with family, friends and your community?

“At the heart of an Age-friendly Community is the meaningful engagement and involvement of older people.”

This is a voluntary role, you can give as much, or as little time as you want. Spread the Age-friendly message and help with initiatives and developments across the district. If you are interested, please do get in touch. **Contact information at the end.**



Age Without Limits Campaign

East Lindsey District Council and our partners were pleased to support the National Age Without Limits Campaign. On the 20th of March, the first Age Without Limits Action Day. Some local groups took part in a cuppa and a chat about ageism. There were lots of age positive messages on social media too.

We would like to continue to encourage discussions about ageism, to raise awareness of its impact and to challenge it. If you are interested in tackling ageism, please get in touch. **Contact information at the end.**



Age Without Limits: Our 'stories project'

This is a collaborative project engaging with older people to gather their stories. Our stories show who we are as individuals. This project aims to challenge ageism by showing the individuality of people. Older people are not all the same!! Organisations working with East Lindsey District Council on the project include Magna Vitae, Age UK Lindsey, YMCA Lincolnshire, Active Lincolnshire, First Coastal PCN, Every One, Lincs Digital, Wellbeing Service, Lincolnshire Community & Voluntary Service and Public Health.



We plan to showcase these stories at an event to celebrate the International Day of Older People at the beginning of October. If you would like to get involved, please contact jane.berni@e-lindsey.gov.uk

NHS - Calling all over 60s!

NHS Lincolnshire Integrated Care Board (ICB) are looking for a group of people to spare some time to chat about their experiences of health and wellbeing services for people as they age in Lincolnshire, and to work with them to shape services for the future.

They are setting up a group where you can chat through ideas to support people in Lincolnshire to live well and independently for longer. If you're interested and would like to be involved, [register your interest here](#) or email licb.involveus@nhs.net

Healthwatch Lincolnshire Event: Ageing Better in Lincolnshire

Healthwatch is an independent organisation acting as a champion for people who use health and social care services. "*We're here to make sure that those running services, put people at the heart of care*".

Their next public event, held at Boston United Football Club, is on the 28th April where Prof Derek Ward Director of Public Health will present his latest annual report '[Ageing Better in Lincolnshire adding life to years](#)'. There will be various information stands and the opportunity for questions.

You can sign up for the [event here](#), or for more information call 01205 820 892

If you would like more information about Healthwatch email info@healthwatchlincolnshire.co.uk

For further information about anything in this newsletter please contact

jane.berni@e-lindsey.gov.uk
mandyelmer@lincolnshirecvs.org.uk
or call 07508 950394

A poem by Steve Pratley,

Steve attends the Mablethorpe Friendship group which meets fortnightly on Tuesdays at the Coastal Centre (01507 479165)



Sunset Over Queens Park, Mablethorpe

At the end of the day for exercise sake,
We went for a walk around Queens Park Lake.

The birds flew to roost in the trees at bed,
As sunset turned the sky to crimson red.

The wonder of nature at its best, made a
sharp breath intake,
To see the red sky also reflecting back off
the lake.

Then the sky gradually fades and turns to
dark,
As night falls over the lake on Queens
Park.

Adam and Eve the first man and woman
must have seen the same,
They must have experienced a mixture of
wonder, fear and pain.
For they could not understand nature at its
very best,
It is a gift to mankind, from God in his
infinite wisdom and bequest.

God the first artist created the world with
His loving hand,
With His celestial brush, he painted the
sky, sea, sand and land.
For God so loved the world, that was his
best creation,
Left for mankind's best endeavours in
protection and conservation.

*Dedicated to my late wife, Ann Rosamund
Pratley. A far better poet and writer than I
will ever be.*

