



Age-friendly
Ambassadors

Age-friendly News

Winter 2024/25

Welcome to the Winter edition of East Lindsey's Age-friendly newsletter.



East Lindsey District Council committed to becoming an Age-friendly community in 2019 becoming part of the UK Network of Age-friendly Communities. We work with other organisations and older people from our community to improve things for people as they age. This is an ongoing journey.

“An Age-friendly Community is a place that enables people to age well and live a good later life.” (Centre for Ageing Better)

Have your say... Have you heard of Co-production?

Co-production is when people with lived experience are brought together to share their views to help design and improve services for everybody. In Lincolnshire there are lots of opportunities for people to 'have their say' and get involved in how our services will look in the future.

The organisation [Every-One](#) is a Lincolnshire based charity that puts people at the centre of what it does, often running co-production activities in our communities.

Here are some of the opportunities available to people who might want to 'have their say'...

- [Cancer Co-production Group](#) for people who have or have had cancer and those who have cared for them.
- [Mablethorpe Co-production group](#) for those living on the East Coast who have or have had cancer.
- [Managing Excessive Tiredness & Fatigue Co-production](#) for those with extreme tiredness and fatigue relating to a long-term condition where fatigue is a primary issue.
- [Musculoskeletal Co-production](#) for people who have used the Musculoskeletal pathway – had a knee or hip replacement?
- [Adult care – On the Same Page](#) for people who have experience of Lincolnshire Adult Care Services.

If you are interested in any of these opportunities contact Every-One
Tel 01522 811582
Email hello@every-one.org.uk

Another way to have your say... Could you be an Age-friendly Ambassador?

“At the heart of an Age-friendly Community is the meaningful engagement and involvement of older people.” (Centre for Ageing Better)

In East Lindsey we are proud to have a group of Age-friendly Ambassadors. Ambassadors are people aged 50 or over who live in East Lindsey and are helping us ensure the voice of older people is at the heart of what we do.





Age-friendly Ambassadors

Would you like to be an Age-friendly Ambassador?

Are you aged 50+ and living in East Lindsey? 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?

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.

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



Contact:
jane.bernlige@e-lindsey.gov.uk
alison.carlisle@e-lindsey.gov.uk
or call 07394 838346



- Would you like the opportunity to have your say on issues that affect you now and in the future?
- Could you share your experience and that of other older people in your community?
- Could you share Age-positive messages with family, friends and your community?

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.

Tel: 07394 838346

Email: alison.carlisle@e-lindsey.gov.uk

Staying Warm and Safe this winter

One of the joys of the winter months is to be able to wrap up warm with a hot drink in a cosy home. But winter can also be a tough time for lots of people. Many people live in homes that are not well insulated or are concerned about the cost of heating their home during the colder months. It can also be a difficult time for those that struggle with the impact of less daylight on their mood.

There are lots of ways that people can get information and support to stay warm and healthy during the cold darker months. Many community venues provide **warm**

spaces that people can visit for a cuppa, biscuit and a chat. Some of them offer a warm meal. **Why not find out if any of your local community venues have a warm space and share the information with other people in your community?**



Age UK Lindsey have joined forces with Lincolnshire Fire & Rescue to help you stay safe and well this winter. Aiming to help people Stay Safe, Stay Well and Stay Warm. Advice on Electrical and Heating Safety, making sure you are up to date with vaccinations and health checks. The importance of connecting with other people, being as active as you can and eating well.

They have lots of useful information including downloadable booklets on their website,

<https://www.ageuk.org.uk/lindsey/our-services/winter/>

For more information

Email: info@ageuklindsey.co.uk

Telephone: 01507 524242

Dementia Information and Support

Have you or someone you know had a diagnosis of cognitive impairment of dementia?

In East Lindsey we have some great social groups for people living with dementia and their carers? These are often called dementia or memory cafés. Here are the details:

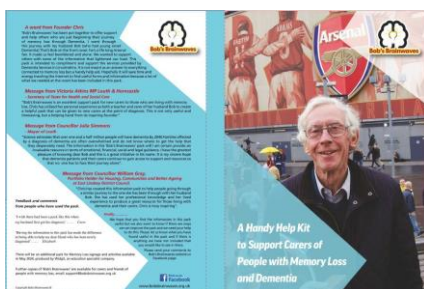
- **Mablethorpe Wellbeing Hub**, LN12 2DR, Tuesday 10am-12pm (weekly). Contact Barbara 07816 606397 barbara.hancock@acisgroup.co.uk

- **Alford** Memorial Hall, LN13 9HQ, Wednesday 10am - 12pm (1st & 3rd Wednesday of each month). Contact Anne 01507 522116 annedncn@gmail.com
- **Louth** Trinity Centre, LN11 8DJ, Wednesday 1pm - 3pm (weekly). Contact Jayne 07938 674302 jayne.pegg@teamparishoflouth.org.uk
- **Horncastle** Sellwood Gardens Community Centre, LN9 6EJ, Thursday 1.30pm - 4pm (weekly). Contact Shirley 01507 525742 scrawford41@btinternet.com
- **Skegness** Day Centre, PE25 2BS, Friday 9.30am - 12pm (fortnightly). Contact Mandy 01754 766763 skegdc@aol.com

A new Memory Café is due to start in Spilsby at the New Life Centre on Thursday 16th January 2025 at 10am-12pm (weekly).

Early in 2024 a new project '**Bob's Brainwaves**' was launched in East Lindsey to support people at the early stages of dementia.

Founded by Chris Such whose husband Bob was diagnosed with Young Onset Dementia over a decade ago. Chris used her own experiences of what helped her while caring for Bob, to create a handy help pack.



People with a dementia diagnosis can get a "Bob's Brainwaves" Information and Support Pack. These are available at the NHS Memory Clinics and at our local Dementia/ Memory Cafés. If you would like further information you can go to the website www.bobsbrainwaves.org.uk

email support@bobsbrainwaves.org.uk

There is more information about dementia on the East Lindsey District Council website,

<https://www.e-lindsey.gov.uk/article/25939/East-Lindsey-Dementia-Friendly-Community>

Getting online: Lincs Digital drop ins

Many older people use the internet happily and safely. However, some older people are not skilled or confident getting online and some choose not to use computers at all. What is apparent is that not having access to the internet can put people at a disadvantage. Ideally people should have the choice. As a result, there are several local initiatives that aim to help people to get online and to improve their digital skills.

East Lindsey District Council have been working with Lincs Digital, a local charity, to address some of these issues. Lincs Digital are providing drop-in sessions at various locations across the district.



Here is a list of some planned events. An updated list of [Lincs Digital Drop ins](http://www.lincsdigital.org.uk) can be found on their website:

- **Woodhall Spa** Methodist Church Hall 17/12/24 (10am-12pm)
- **Louth** Eastgate Union Church 18/12/24 (10am-12pm)
- **Wainfleet** St Mary Community Hub 06/01/25 (10am-12pm)
- **Skegness** Tower Gardens Pavilion 06/01/25 (1-3pm)
- **Horncastle** Library

- 09/01/25 (10am-12pm)
- **Sutton-on-Sea** Meridale Youth and Community Centre
10/01/25 (10am-12pm)
- **Wragby** Town Hall
14/01/25 (10am-12pm)
- **Spilsby** Christian Fellowship
23/01/25 (10am-12pm)

For further information
Tel 07833151469
Email contact@lincsdigital.org.uk

The importance of social connections

Many older people have good connections with family, friends and their wider community, but for some people growing older can lead to people feeling isolated. This can be for many reasons, it might be due to bereavement of close family and friends; it could be that once they were retired, they never felt able to get involved in new activities or friendship groups. As we age, we can also develop health conditions that mean it is more difficult to get out and take part.



It is also widely agreed that staying socially connected has a positive impact on people's emotional and physical health. There has been a lot of research on the subject. Researchers have found that being part of a social group, or groups, in retirement is associated with increased quality of life. There is evidence to show that staying socially active helps prevent some types of dementia.

“...social connections are just as important as money and health to a good later life.” (Centre for Ageing Better)

There are many opportunities for people to connect with others in our communities. We have social groups, craft groups, friendship groups, various ‘activity’ groups and other places to have a go at something and make new acquaintances. Sometimes these can become friendships. There are also many opportunities to join online groups as a way of connecting with others.

So, how do you find out what is available if you or someone you know is feeling isolated, or maybe just wants to make some new connections? Where do you look?

- Local newsletters or parish magazines often have information.
- Noticeboards in shops, GP's, health clinics, community halls and libraries.
- Social learning opportunities through a local college or [your local U3A](#)
- You can also search local directories:
 - [How Are You \(HAY\)](#): Find local groups and activities to boost your mental health and wellbeing.
 - [Let's Move Lincolnshire](#): to help you get active in a way that works for you.
 - [Connect to Support Lincolnshire](#): an online information and advice library, community directory. Can also be accessed by phone 0300 303 8789 or email CTSL@ageuklsl.org.uk

For further information about anything in this newsletter please contact our Age-friendly Communities Officer

Tel 07584 202220
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