

Lifelines

The vital pieces of the LRSN jigsaw

The LRSN Board of Trustees is made up of ten individuals who all volunteer their time and expertise to LRSN. In the last few editions of our newsletter, I have been introducing these individuals to you, each one their own unique piece to the LRSN jigsaw. Some trustees take on more than one role within the charity, in this edition, I'd like to introduce Andy Hawes. Andy is not only a trustee, but he is also on our casework team and in his spare time he is at the end of our helpline for those in need.

Matt Phillips LRSN Chair

Andy Hawes

I am Andrew Hawes (Andy), I'm Grimsby born; the son of a publican I have spent my whole life in Lincolnshire (except for a six-year spell at various universities). As a pupil at De Aston School in Market Rasen I developed an undying love for three things: rugby union, poetry (reading and writing it) and my wife Siân - who was one of the first girls at De Aston! We were married in 1977 and have five children and at present fifteen grandchildren!

Ordained in the Church of England in 1980 I have spent the whole of my ministry in rural communities, first in Holbeach and Lutton Marsh and for thirty years serving the parishes on the Grimsthorpe Estate near Bourne.

I have had a shadow career as the writer of libretti and texts for song cycles, operas and choral works set to music by my composer brother Patrick. Next year will see the



publication of a book of poems for Lent 'Prayers of an open heart'. I play in a band 'Smuggler Jack' with two sons and two friends and I'm a keen gardener and bee keeper.

Now retired from full time ministry, I am a locum priest in the parishes around my home in Little Bytham. I became a trustee of LRSN in 2019 and I'm also a trustee of the Lincolnshire Rural & Agricultural Chaplaincy charity.

I developed an undying love for three things: rugby union, poetry (reading and writing it) and my wife Siân

AUTUMN 2023

This issue kindly sponsored by

Smailes Goldie Group
CREATING ADVANTAGE

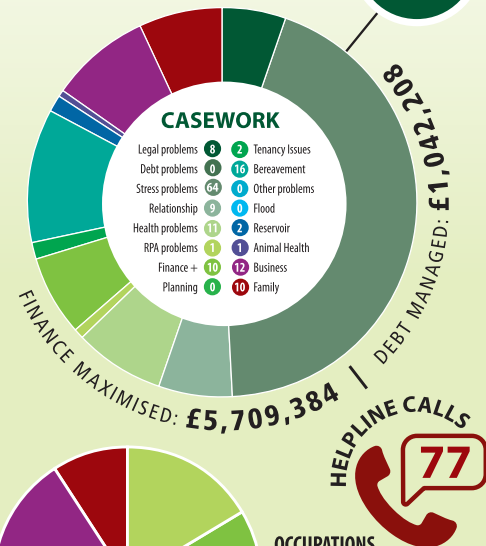
a leading firm of Chartered Accountants, Tax and Business
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Statistics

Year to date 30/9/23

HELPING
146
FAMILIES



A Lasting Legacy

Have you considered leaving LRSN a gift in your will? No matter the size of the gift, you could help to make a difference to the lives of future generations of Lincolnshire's agricultural and horticultural communities.

For further information about how to leave a gift in your will, call Sarah on 07738 741150 or email sarah.poucher@lrsn.co.uk

LRSN and LRAC are separate independent charities, who recognise the benefit of working together to deliver support to people in Lincolnshire's agricultural community.



Tackling isolation & loneliness

Our #TimeToTalk campaign continues: tackling the issue of loneliness and isolation in the agricultural and horticultural communities in Lincolnshire isn't going to be an overnight fix. So let's get as many people as possible in agriculture and horticulture taking time to talk to each other.

Working in agriculture or horticulture can be an incredibly lonely profession, hours spent on your own can have a huge impact on your mental health. Poor mental health doesn't mean that you suffer from an undiagnosed mental health condition, talking to someone can help improve your mental health whether that person is a friend, a colleague, or a listening ear from LRSN.



Let's work together to help reduce loneliness and isolation in our community, we at LRSN challenge you to organise a night out, a coffee date, afternoon tea or just to make a phone call to that friend you haven't spoken to in a while. Let's get Lincolnshire talking.

Text TimeToTalk to 70085 to donate £5



Do you have what it takes?

Did you know that our helpline is answered by volunteers?

The LRSN helpline is often the first point of contact with LRSN for people in need; a friendly voice on the other end of the phone helps put people at ease. Our confidential helpline is open 8am-8pm every day and the volunteers on call are trained to listen and take note of the details.

Do you think you have what it takes to be an LRSN Helpliner? We are looking for volunteers to join our team, don't worry this isn't a full time commitment as our volunteers take it in turns to do four hour shifts for a week at a time.

The helpline volunteers are kind, caring and compassionate, if you fit the bill then email info@lrsn.co.uk and tell us about yourself.

LRSN turns 25

Next year sees LRSN celebrate a big milestone, we are turning 25 and we would like you to help us with the celebrations.

LRSN started as an idea from Lincolnshire's Agricultural Chaplain Alan Robson, there were so many factors affecting the farming industry that he felt somehow there must be a way to help to alleviate the stress. And with that, LRSN was born. 25 years on and Alan is still an integral part of the LRSN family, but that family has grown and we now have nine full and part time members of staff and boast 55 volunteers dotted around the county.

Could you help to organise an event and spread the word about the work we do? If you are interested in helping us to celebrate our birthday, then please email sarah.poucher@lrsn.co.uk

Fundraising

Vintage Fashion Extravaganza!

What a fabulous evening we had at the Vintage Fashion Show at Elsham Golf Club, with over 100 guests there the models sashayed their way through the golf club taking us back through the decades.

There were stunning evening gowns, suits and even nightware on show, as well as the models there were many items available to view and purchase on the evening. Chris Cross from Roseanna Vintage and Margaret Borrill were delighted to raise over £1,700 for LRSN at this event.



An Afternoon of Words and Music

Trustee and supporter Alex Godfrey organised an afternoon tea listening to music sung by Susan Hollingworth and Caroline Clemmow. Alex and his guests managed to raise a tremendous £796 for LRSN. Thanks to Alex and his friends for organising such a great event.

Every year we highlight World Suicide Prevention Day

As an agricultural and horticultural support charity, LRSN unfortunately has to deal with issues relating to suicide far too regularly. We wanted to take this opportunity to spotlight the resources available through our website not only relating to suicide prevention but also the self-help library that is available to download or even listen to if you would prefer. We provide an online training module about suicide prevention, helping you to understand and spot the signs. This training is available for everyone and only takes 20-30 minutes of your time. Visit the Health Hub on our website and click the link, half an hour of your time could potentially help to save a life in the future.

You will also find a range of self-help books on the Health Hub at www.lrsn.co.uk, these are available to download or listen to as an audio book and are all free of charge.

Help us to help the agricultural and horticultural communities in Lincolnshire, by spreading the word about the help that is available.

New Volunteers join the LRSN team

Robert Hurst

I am a chartered surveyor, agricultural valuer and auctioneer. Home as a child was the small village of Bishop Burton near Beverley in East Yorkshire.

Having studied Rural Estate Management at the Royal Agricultural College, Cirencester I subsequently qualified as a chartered surveyor whilst working for the Ministry of Agriculture in Beverley.

In 1981 I moved to Lincolnshire to take up a position with Martin Maslin, a firm of estate agents, land agents and auctioneers. I have practised in the county and the wider East Midlands as a rural surveyor, valuer and auctioneer for over 40 years and am a past President of the Lincolnshire Association of Agricultural Valuers. I have been a partner of Fisher German in Newark for the last 13 years but am now semi-retired and only play a part time role. I have lived in Fulbeck - between Lincoln and Grantham - since 1986 and am married to Jenny. I have two grown up daughters and three grandchildren and am very fortunate that they live close by.

Whilst living in North Lincolnshire I enjoyed playing rugby for Market Rasen and Louth Rugby Club and on moving to Fulbeck I continued to play for Sleaford Rugby Club. I still keep active and enjoy cycling, sailing and walking. I have always been involved with farming and the rural community and now that I have fewer work commitments I would like to give back some of my time to the community that has sustained me throughout my career.



ROBERT HURST



JUDY PHILLIPS

Judy Phillips

Judy lives in Scawby with husband James. She is from a Yorkshire farming family but is getting used to Lincolnshire! Judy is a keen golfer and regular bridge player and she enjoys the countryside and bird watching. Keeping fit with yoga, time spent walking and gardening and involvement in village activities fill her time.

James Phillips

James is a retired chartered surveyor with a long standing Lincolnshire farming background and he is married to Judy. A regular golfer and cyclist, James is involved with The Fine Arts Society and Lincolnshire Heritage. James enjoys commentating at The Lincolnshire Show and events and spending time in the countryside.



JAMES PHILLIPS

Liz Harding

I'm a retired widow, a graduate of Wye College, B.Sc. Agriculture and I have lived in Lincolnshire all my adult life where my late husband farmed a large and diverse arable estate.

Before retirement I worked in accounting, adult education and the running of a not for profit association. My voluntary work includes secretary and, more recently, as treasurer of the local village hall.

I have a son, Alex, who is a mechanical engineer and now lives in Norfolk. I'm a keen gardener with a great interest in soil health. I have no pets of my own, but I'm frequently seen walking other people's dogs!



LIZ HARDING

Bourne & District Farmers' Ball

Our grateful thanks go to the committee of the Bourne and District Farmers' Ball who, after an evening of dinner and dancing, have donated a fabulous £750 to LRSN.

Savills proud to show off their support for LRSN

We are incredibly grateful to the team at Savills' Lincoln office for their support and the generous donation that they have given to LRSN this year. The team were delighted to receive their brand new LRSN Supporter badges so much so that they sent us this picture to prove it.



Donations

Thank you to the many businesses, churches, organisations and individuals who have donated to LRSN this quarter in recognition of our work in Lincolnshire's agricultural and horticultural community.

Welcome Alice!

We're pleased to welcome, from early November, our new staff member, Alice, who joins us as a part time administrator.

Alice Clayton

I am a dedicated and detail-oriented administrator with over 15 years of experience in effectively managing admin tasks and supporting the smooth operation of organisations.

I have worked for the National Farmers' Union for eight years and it was easy for me to fall in love with the food and farming industry, I really enjoy the community feel, and working with farmers who dedicate their lives to the family business. I am a caring individual, always wanting to help people and make their lives easier, whether it's colleagues or strangers!

I live in Rutland with my partner, two young children, dogs, cat and fish! I am always on the go and enjoy being busy. My favourite hobbies are cooking (and eating!), exploring new places with my family and running.



ALICE CLAYTON

Dates for your diary 2024

17
MAY

LRSN & Woldmarsh GOLF DAY
Elsham Golf Club

22
JUN

RURAL CHARITIES BALL
Lincolnshire Showground

A note from the LRSN Nurses

We turn our focus to ... Men's Health, Bowel Cancer & Dry January

Every month our nurses have a specific health focus, we want to highlight this in our newsletter and on social media to raise awareness.

November MOVEMBER MEN'S HEALTH

The biggest health issues facing men in the UK are prostate and testicular cancer and suicide and mental health problems. Men are still dying four and a half years earlier than women and 3 out of 4 suicides are men in the UK.

Movember.com raises money to support and help projects to raise awareness with men about these issues.

Top things for men to know and do:

- stay connected with your mates
- talk more and listen to others
- prostate cancer – 1 in 8 of you will be diagnosed. Over the age of 50, chat to your GP about your risk, do you need a PSA test?
- testicular cancer – the most common cancer age 15-39. Campaign 'know thy nuts' encourages regular checks so you can 'know thy nuts'
- move more and get active

What can you do to support Movember.com?

- grow a MOustache to raise funds
- move for MOvember – can you do 60k for the 60 men lost to suicide each hour across the world?
- host a MO-ment, have a good time for a good cause
- MO your own way, choose your own adventure

December BOWEL CANCER

DON'T SIT ON YOUR SYMPTOMS

If you have any of the following symptoms that last longer than three weeks, then see your GP:

- bleeding from your bottom or blood in your poo, is it dark and shiny?
- persistent change to bowel habit - looser/more frequent or constipated
- pain in your tummy
- lump in your tummy, particularly right side
- unexpected weight loss
- unexplained tiredness and breathlessness

Things that increase your risk include:

- over 65
- poor diet and bowel habits
- family history of bowel cancer
- ulcerative colitis and Crohn's disease
- some genetic conditions

Bowel cancer screening saves lives

In the UK you will receive a screening kit every two years if aged between 60-74 and registered with a GP. It should be posted to you to complete at home and then return.

The test looks for tiny traces of blood in your poo, aiming to find cancer early, which in turn will improve your chances of beating the disease.

January DRY JANUARY

Did you manage to 'go sober for October'? If not, why not try 31 alcohol free days in January to give a break for your liver and total reset for your body and mind?

If you cannot manage this, try having two to three consecutive alcohol-free days each week. This will give your liver a chance to recover.

Benefits of Dry January

- a clearer head
- more energy; hangover-free and refreshed
- better sleep; more restful and deeper sleep
- weight loss; alcoholic drinks are high in empty calories
- save money; go on, treat yourself!
- a sense of achievement
- better skin and immunity

The main aim of Dry January is to get people thinking and talking more about their drinking habits and to encourage them to reduce their intake generally over the full year. Alcohol has wide ranging effects on our bodies such as heart health, anxiety and depression and alcohol is linked to seven types of cancers.

HOW YOU CAN SUPPORT LRSN

Text LRSN and the amount you would like to donate, between £1 and £20 to 70085
Scan this QR code to donate either a one-off payment or a monthly donation
Get involved with a fundraising activity
Leave a gift in your will to help secure the future of LRSN



It takes around 21 days to form a new habit, so keep going all month!

Some tips include:

- don't drink with meals
- start some new leisure activities that do not include alcohol
- try mocktails made from fruit juices, fruit and diet fizz
- identify your triggers for alcohol consumption and avoid them!

Why not give your new year a great new start?

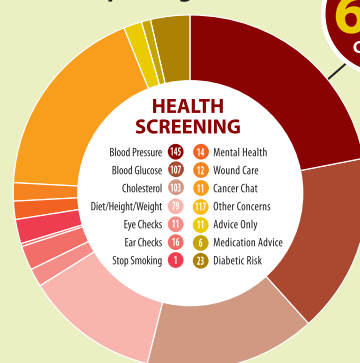
CHALLENGE YOURSELF WITH THESE NEW YEAR LIFESTYLE CHANGES

- obtain and maintain a healthy weight
- start moderate exercise - aim for 150 mins per week
- have smaller portions of red meat and processed meat
- increase your fibre, fruit and vegetables
- reduce your saturated fat intake
- change to brown bread, cereals, rice and pasta
- reduce your alcohol intake - max 14 units per week
- stop smoking

Statistics Year to date 30/9/23

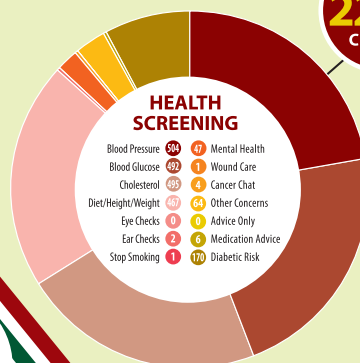
Louth Livestock Market,
Melton Market and
Spalding Auction

HEALTH
656
CHECKS



LRSN Health Hut

HEALTH
2254
CHECKS



CONTACT LRSN

Amy Thomas HEAD OF CHARITY
Telephone: 07725 203560
Email: amy.thomas@lrsn.co.uk

lincsruralsupportnetwork
@Lincsruralhelp
Company Reg No 07182183
Reg Charity No 1137678

CALL OUR HELPLINE: 0800 138 1710 VISIT OUR WEBSITE: www.lrsn.co.uk

What does Chaplaincy mean to you?

It is quite hard to describe what a chaplain actually does! There is a good reason for this, as Chaplaincy is not so much about doing things as being there.

Alan Robson has 'been there' for the farming community for the last 25 years. Some of you many have come across him at agricultural events, always listening, always caring and responding to individual needs. Some of you may have come across him at Louth auction market where he was a constant weekly presence for many years (and often seen in fancy dress at Christmas time). Some of you may have seen him taking many christenings, weddings and funerals for agricultural folk, and providing comfort in people's hour of need. 'Being there' meant Alan saw the need for a wider support network, and with the late Dick Patrick, founded LRSN nearly 25 years ago. 'Being there' means connecting people and

places, championing the rural way of life and caring for 25 years.

Uniquely, chaplains can go where others can't. Their service is non-judgemental, independent and without fear or favour.

Our charity was set up to fund-raise to support the continuation of this service. We are incredibly grateful to the Methodist Church, which has been the main provider of funding for Alan for 25 years, but this is not guaranteed. There is an urgency to raise

There is an urgency to raise funds to support succession for Alan, and to provide support for Alan in his work NOW

funds to support succession for Alan, and to provide support for Alan in his work NOW - he has supported 28 families and individuals in the past five months, undertaken numerous services as well as supporting three parishes. The harvest festival season means our chaplains are busier than ever. Help is needed!

If you can help us, visit www.lrac.org.uk to donate or for more information contact Meryl Ward on 07860 565289

Lucy's Lanc Pull

On Saturday 26th August Rev Canon Alan Robson attended Lucy's Lanc Pull at the Lincolnshire Aviation Heritage Centre, East Kirkby.



An all girl team of 20 ladies pulled the Avro Lancaster NX611 "Just Jane" 100m along the run way in aid of Butterfly Hospice Trust and in memory of the wonderful Lucy Panton, wife of museum co-founder Harold Panton. Rev Alan has had the privilege of sharing in many memorials and celebrations of the Panton family.



Swallowbeck Methodists 'Hymnathon'



Swallowbeck Methodists held a day long event 'Praying the Faith' raising nearly £500 for LRAC. They sang the first verse of every hymn in the 'Singing in the Faith' hymn book!

...raising funds to support agricultural chaplaincy

Harvest 2023

Harvest 2023 has been a very different harvest to 2022 mostly due to the changeable British weather, but the harvest is home and it is Harvest Festival season, a busy time for our chaplains as they celebrate and give thanks for God's bountiful harvest.

Osgodby Village Harvest supper raised £1,900 for LRAC. Thank you to Brenda Coulson, Lindsay and team for organising a fantastic evening, and for supporting LRAC.



Fundraising

Legacy Campaign

The legacy campaign on behalf of the Lincolnshire Rural Charities, LRAC, LRSN and the Lincolnshire Agricultural Society continues to gain traction. We now have 23 leaflet stands distributed around the county. If you would like to host a leaflet stand at your commercial premises, please contact Michael at michael.pickles@lrac.org.uk.

Giving a legacy can involve a simple expression of wishes attached to your will, and if you are in a position to support chaplaincy let us know.

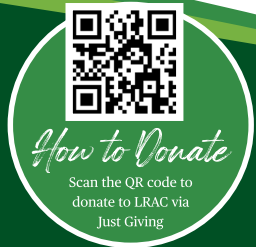
Making good progress towards our goal!

The fundraising campaign has continued to make steady progress over the summer. The fund now stands at over £157,000. Thanks to Lincolnshire Community Foundation, for a £5,000 donation following the redirection of a dormant trust. Thank you an anonymous donor for the incredibly generous cheque for £10,000. If you wish to contribute personally or hold an event to raise funds for LRAC, we would be very grateful.

Please contact Michael Pickles at michael.pickles@lrac.org.uk for information on how to send us any funds raised.

Thank you to all the Methodist Chapels in Lincolnshire for hosting Country Mile Coffee Mornings over the past year and raising a grand total of £4,368.85.

Michael Pickles



LINCOLNSHIRE RURAL & AGRICULTURAL CHAPLAINCY
www.lrac.org.uk
Contact: Alan Robson Mobile: 07542 272049
or Jackie Elton Email: jackie.elton@lrac.org.uk