

# Lifelines

## Meet the LRSN team

### Hello everyone

A vast proportion of the LRSN team are volunteers, and without their commitment, skills and expertise, LRSN could not function and meet the needs of the people we support.

As the LRSN Chair, I would like to take the opportunity to thank all our volunteers, not only recognising them publicly, but also taking the opportunity to introduce them to you, our supporters and friends. Trustees are our unseen volunteers and I would like to start with our treasurer, Charles Holt, and trustee, Alex Godfrey, both of whose advice is invaluable in ensuring the sustainability of our services.

**Matt Phillips** LRSN Chairman



### Charles Holt

Occupation: **Agricultural consultant.**

Specialisms: **Financial and legal cases... especially complicated ones, agricultural planning matters.**

Experience: **Charles says: "During my years as an agricultural consultant I have dealt with a lot of milk quota trades and was instrumental in setting up Lincs and Notts Dairy Farmers, at the time the Milk Marketing Board was being legislated away. I have had some experience as a director of another local charity, having been on the board for over 30 years; so long that I cannot remember exactly how many, and I joined the LRSN board in 2015."**

Family: **Charles is married to Sarah, and they have four grown-up children.**



### Alex Godfrey

Occupation: **Accountant and farmer.**

Specialisms: **Potatoes and singing.**

Experience: **Alex says: "I trained as an accountant and worked in practice and in the property industry in London and in Sydney, Australia. I moved back to Lincolnshire in 2008 and joined the family business, producing pigs, milling feed and growing potatoes, sugar beet, combinable crops, and vining peas, and now I wouldn't want to be living anywhere else."**

**"Outside the business, I have held various roles with the NFU, including chairing the national Potato Forum from 2015 until 2022, and outside work, I enjoy singing in two choirs, both based in Scunthorpe. I joined the LRSN board in August 2020."**

## SPRING 2023

This issue kindly sponsored by

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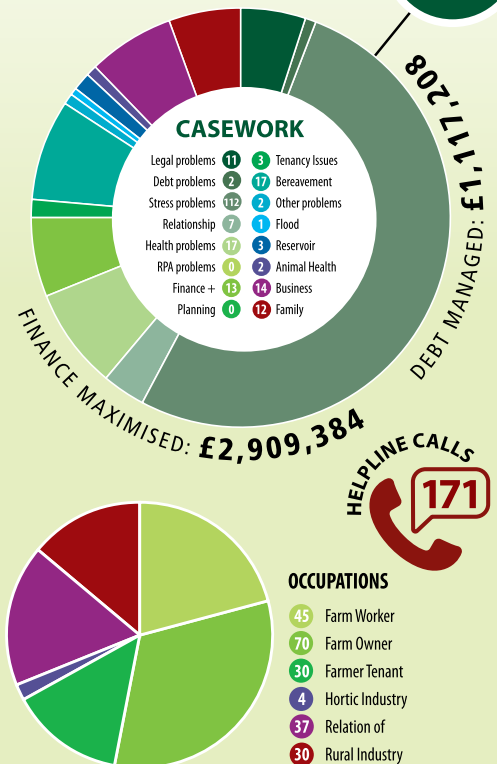
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## Statistics

Year Ending 31 / 3 / 23

HELPING  
**216**  
FAMILIES



## LRSN & Woldmarsh 2023 Golf Day

Our annual charity golf day will be taking place once again this year at Blankney Golf Club on Friday 12 May.

(See page 2 for details)

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

# A tribute to our friend Michael Peacock

**Our grateful thanks must be given for our friend and supporter Michael Peacock. We were incredibly sad to learn of Michael's passing, we know he will be sadly missed by everyone who knew him.**

Ever since our joint quiz with Brown & Co many years ago, Michael and the whole team at Peacock and Binnington have been tremendously kind and generous to LRSN. Since then, our partnership both personally with Michael and his wonderful colleagues, grew and blossomed.

Over the years, we were thrilled to have had two liveried tractors and the model tractor, all done up in LRSN colours and messages and more recently, the information cards and tractor air fresheners sponsored by P and B; the air fresheners continue to be a huge hit. The tractors were such a fabulous centre-piece on show stands and at fundraising events all over the county, and we are very grateful for all the support and "back room" work that meant they were available and looking fantastic when we needed them.



Rev Canon Alon Robson with Michael Peacock

And not forgetting our long and happy association at our annual charity golf day. We've really enjoyed hosting Peacock and Binnington as players and are so grateful for the annual sponsorship of the golf balls.

*We will miss Michael so much: his kind and friendly welcome at events and especially at the Lincolnshire Show; his generosity and all the work he and everyone at the company have undertaken to promote and support LRSN, and everyone will miss his smile and laughter, too.*

## LRSN & Woldmarsh 2023 Golf Day

If you haven't entered a team and would like to support the day, don't worry there are still plenty of opportunities; our golf day raffle is famous for the fabulous prizes we have, why not donate a raffle prize to help the fundraising on the day or you could sponsor a prize or a tee?

**If you would like to help in any way, please contact Sarah on 07738 741150 or email [sarah.poucher@lrsn.co.uk](mailto:sarah.poucher@lrsn.co.uk). Fingers crossed for a beautiful sunny day on the course.**

Last year our golf day raised over £6,000 to help support the agricultural and horticultural communities in Lincolnshire, let's get together and help make this year's day just as fantastic. We would like to thank all the sponsors who have kindly supported our charity golf day already and of course our partners in helping make the golf day a success, Woldmarsh Producers Ltd, without all of them the golf day wouldn't happen.

# Help in times of uncertainty and need

**It is with a tinge of sadness that after 40 years in the NFU, and a large slice of that time working in Lincolnshire, that it is time to retire. Never an easy decision, but as I can draw my state pension, then it is time to let someone younger take over the reins.**

In 1989, as the NFU regionalised, I was fortunate to be offered a position as horticultural adviser in the East Midlands region. That meant much of my work involved meeting growers in South Lincolnshire, a premier UK production centre for field scale vegetables, ornamentals, flowers and bulbs. A lesson soon learnt was that I was dealing with some of the most professional agricultural businesses in the country, not just across horticulture but the whole industry.

As one of the powerhouses of UK agriculture, that professionalism has allowed the Lincolnshire food and farming sector to harness innovation, produce fantastic quality food, and adapt when dealing with the huge challenges British agriculture has thrown at them. As a policy adviser helping NFU members understand and navigate issues like the Common Agricultural Policy, farm support payments, food quality assurance, water management and red tape, I received respect and appreciation, and huge job satisfaction.

But alongside the daily churn of policy and regulation, were some milestone challenges. I will never forget the nine months of my life spent troubleshooting foot and mouth in 2001. Issues of adversity and crisis tend to stick in the mind, and include BSE, salmonella in eggs, downturns in the



pig sector, bovine TB, and more recently issues like the flooding of 2019/20 that affected Wainfleet, Barlings Eau, Billingham and the Ancholme Valley, and massive infrastructure projects competing for land use.

Strange as it may seem, these are the times that got my adrenaline pumping harder, as we looked for solutions to the problems that were being presented. In times of uncertainty and need, it has long been the case that farmers turn to organisations like the NFU and LRSN for help and support. That was very much to the front of my mind in 2004 when NFU Lincolnshire celebrated 100 years of supporting farmers and growers and providing the seedbed of the national organisation. It was a huge privilege to be part of that.

Working alongside LRSN, I've watched its volunteers and staff provide help and support for countless families; walking with them to get through the personal, practical and business challenges that our industry endures. I hope the partnership between NFU and LRSN will continue to help Lincolnshire's farmers and growers adapt and build resilience and fortitude to tackle all that the future throws at them.





## Visit the Health Hut at the Lincolnshire Show

This year at the Lincolnshire Show (21 and 22 June) you will find us in the agricultural lines with the Health Hut. We are delighted to be able to take our mobile health screening clinic once again this year, and our nurses will be on hand to administer health checks during the show. Watch out for more news on social media and our website about Lincolnshire Show and where you can find us.

**Lrsn  
Health  
HUT**

## New LRSN Volunteer



Catie Page

### Catie Page

Hi, my name is Catie Page and for the last 19 years I've run a soft furnishings business in North Lincolnshire, which has taken me all over the UK. Eight years ago, I decided to train to become a counsellor, which I hope to do more of in the future, right now it works alongside the furnishings business quite nicely! Born into a farming family, the youngest of four children, I had a charmed upbringing amongst the sheep, chickens and mixed crops as the family grew up on the edge of the Wolds. School was up in Yorkshire at Whitby before I headed down to London to work for Aga Cookers for nine years. Upon returning to Lincolnshire, I worked for New Farm Crops and Woodland Bark before setting up my curtain and upholstery business. I also paint large abstracts and seascapes in oils as well as walking each day with my pooch Miss Buffy.

## Every little helps!

As you'll no doubt be aware, the cost of postage went up in early April. This, of course, has an impact on LRSN's costs and we'd like to ask our friends and supporters who receive a paper copy of this newsletter, to consider swapping to the digital version. If you would like to receive news from us by email rather than in the post, please email us with your name and an email address to [info@lrsn.co.uk](mailto:info@lrsn.co.uk) and we will change your preferences on our database. A website version of all our newsletters is available each quarter, too. So, by opting for email, you could help us to channel more of our funds to where it matters: supporting Lincolnshire's farming and horticultural families, helping them to get back on track.



## Fundraising



## Lambing Sunday

Lambing Sunday took place on Sunday 5 March at the University of Lincoln, Riseholme Campus. There were over 1,000 visitors during the day, some of them were lucky enough to actually see lambs being born. As well as the University raising funds at the event, the LRSN volunteers were on site making sheep themed cards with the children and spreading the word about the work that the LRSN team does throughout the agricultural and horticultural communities in Lincolnshire.

## Louth Lions generous donation

Support for LRSN's Louth Market health clinic comes in the form of a very generous donation from Louth Lions, which has paid for the cholesterol testing for our clinics there. We would very much like to thank them for their support, the clinics held at the market are an invaluable service.

### 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.



## Hull Corn Traders support LRSN

The Hull Corn Traders Association met in March and selected LRSN as one of its charities to support. We would like to express our grateful thanks for their generous donation and for allowing us the chance to explain to its members about the work that LRSN does in Lincolnshire.

### Grateful thanks!

We would like to thank The Wragby Supper Club, St John the Baptist Church, Baston and Mareham PCC who held harvest festival collections for us and the South Humberside Pig Discussion Group who kindly raised funds for LRSN during the last quarter. We would also like to express our thanks to the families of Harold Woolgar and Lady Neville who kindly nominated LRSN to receive donations at their funerals.



## 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](mailto:sarah.poucher@lrsn.co.uk)**

## Dates for your diary 2023

**12  
MAY**

**LRSN & Woldmarsh GOLF DAY**  
Blankney Golf Club

**21/22  
JUN**

**Lincolnshire Show**  
Lincolnshire Showground

**11  
JUN**

**Open Farm Sunday**  
Uncle Henry's

**22  
OCT**

**County Harvest Festival**  
Lincoln Cathedral



A note from the LRSN Nurses

# Focus on stroke, diabetes and skin

## cancer

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

### May is all about Action on STROKE month

A stroke can happen to anyone, of any age, at any time.

Risk factors for increasing your risk of having a stroke include: high blood pressure, irregular heartbeat, high cholesterol, diabetes, smoking and drinking too much alcohol.

A raised blood pressure plays a part in 50 per cent of all strokes.

By using the FAST test you will give the person having a stroke the best chance of survival and recovery. The FAST test covers the three most common symptoms of a stroke, but there are others.

**FACIAL WEAKNESS** | **ARM WEAKNESS**  
**SPEECH PROBLEMS** | **TIME TO CALL 999**

Any one of the **FAST** test symptoms means it is time to call 999.  
Get your BP checked regularly.

### In June we are focussed on DIABETES month

One of our fabulous nurses, Rose, not only works on our Health Hut and in our clinics but she is a specialist diabetes nurse too. As our nursing team focuses on diabetes during the month of June, Rose gives us an insight into how to know the risk you run.

#### KNOW YOUR RISK

It is estimated by Public Health England that by 2030 that 1 in 10 of us living in Lincolnshire will have Type 2 diabetes.

Unlike Type 1 diabetes, which cannot be prevented, we can reduce our risk of developing Type 2 diabetes.

Research has consistently shown that for some people, the risk of developing diabetes can be reduced by 50 per cent. Type 2 diabetes is a serious condition that can lead to disability and early death.

#### WHAT MAKES US MORE AT RISK?

**AGE:** although there are an increasing number of younger people developing Type 2 diabetes, if you are over 40 years old it is more likely.

**FAMILY HISTORY:** as the saying goes, we can choose our friends but not our relatives, so if you have a parent, brothers or sisters with diabetes, this increases your risk.

**WEIGHT:** If you are overweight or obese and carry extra weight particularly around your waist.

**MEDICAL HISTORY:** for example, if you have a history of high blood pressure, heart attack or strokes, diabetes in pregnancy or severe mental illness.

**ETHNICITY:** you're more at risk if you're of African Caribbean, Black African, or South Asian (Indian, Pakistani or Bangladeshi) or Chinese descent.

#### HOW CAN YOU REDUCE YOUR RISK?

A good place to start is to understand your risk. We are pleased to say LRSN now offers the Diabetes UK "Know Your Risk" assessment, as part of the health checks we deliver. This calculates your risk of developing diabetes over the next ten years.

Know Your Risk is evidence-based and consists of seven simple questions related to age, gender, ethnicity, family history, waist measurement, Body Mass Index and blood pressure. If you do have an increased risk, we can discuss and support you with the next steps in reducing your risk of developing Type 2 diabetes.

So please pop in and see us at the regular markets we attend or see us out and about in the Health Hut for a health MOT and learn about the support LRSN can offer.

The most common symptoms of diabetes are:-

- **INCREASED THIRST**
- **INCREASED NEED TO PEE**
- **FEELING TIRED**
- **LOSING WEIGHT**

There are many risk factors to developing Type 2 diabetes, some you can change and some you cannot.

Those you cannot change: age, family history, male, ethnicity, gestational diabetes.

Those you can change: raised blood pressure, big waistline, overweight, sedentary lifestyle, poor sleeper, smoker and frequent alcohol drinker.

To reduce your risk, eat well and choose healthier options, move more and lose excess weight.

Take the Type 2 'Know Your Risk' assessment. See the LRSN nurses or do it online on the diabetes.org.uk website. This two-minute assessment determines your risk of developing Type 2 diabetes in the next ten years.



### In July we are highlighting SKIN CANCER month

Sunburn, just once every two years, can triple the risk of developing melanoma skin cancer.

In the UK the sun's UV rays are strongest between 11am and 3pm, mid-March to mid-October.

#### WHO IS MOST AT RISK OF SUNBURN?

- **Light or fair skin, fair or red hair and light eyes**
- **Someone with lots of moles or freckles**
- **A history of sunburn**
- **A family history of skin cancer**
- **Sunbed users**

#### RISKS AND CAUSES OF SKIN CANCER

Most skin cancers are caused by prolonged or short, intense exposure to the sun and sun burn.

#### COMMON SYMPTOMS OF SKIN CANCER

A sore or an area of skin that does not heal within four weeks, looks unusual, hurts, itches, bleeds, crusts or scabs for more than four weeks.

#### WHAT CAN YOU DO TO PROTECT YOURSELF?

- **Spend time in the shade;**
- **Cover up with clothes, hat, sun-glasses with UV protection**
- **Use sunscreen at least SPF 15, re-apply regularly.**

## Are you worried about your staff team?

### Would you like to show them that as their employer you care?

We can help you to put staff wellbeing at the top of your agenda. Our nursing team is available to hire, they can come to your place of work and administer health checks for you and your staff. The package includes blood pressure monitoring, blood sugar check, cholesterol check, basic eye and hearing checks and the ability to discuss any health concerns you might have.

If you would like to enquire about hiring our health check service, please contact Sarah on 07738 741150 or email sarah.poucher@lrsn.co.uk.



#### 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



#### CONTACT LRSN

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

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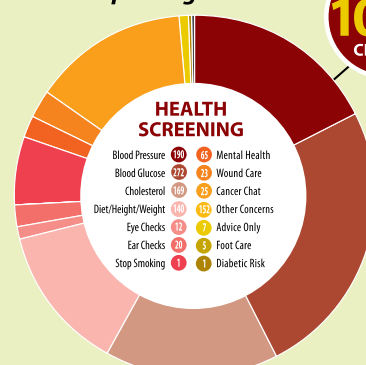
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## Statistics

Year Ending 31 / 3 / 23

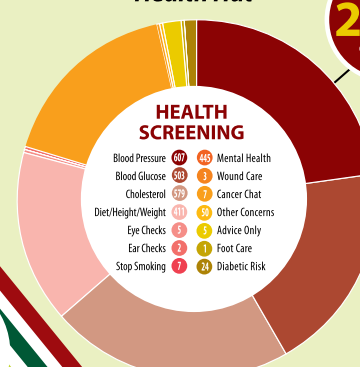
### Louth Livestock Market, Melton Market and Spalding Auction

HEALTH  
**1002**  
CHECKS



### Health Hut

HEALTH  
**2729**  
CHECKS







## Displaying of farming at the Lincolnshire F

*"At Lincolnshire Farming Conference I was interested to see the diversity of farming innovation particularly the presentation given by George Sly and his company's work on direct seed drilling. Certainly, the passion for farming in Greater Lincolnshire is alive and well."*

*Rev Al Jenkins* Chaplain

*"A key message from the Lincolnshire Farming Conference was in the presentation given by Will Evans. Will asked the delegates to stand up if they knew of anyone who had any form of mental illness. I was taken aback by how many people stood up. He then asked the delegates to remain standing if they knew of someone in the farming community who had taken their own life. Again, the number still standing was sobering. This small yet powerful action not only highlighted the stresses that are involved within the farming community, but also the importance of rural chaplaincy."*

*Rev Peter Lister* Chaplain



## What is Chaplaincy?

Chaplaincy is about going out into the community and meeting with people where they are, rather than waiting for them to come to Church or other building of worship. You can find chaplains within the police force, the NHS, the armed forces, shopping centres, universities, and of course agricultural chaplains.

It is often difficult to define the value of chaplaincy as many chaplains work quietly in the background and do not want to brag about the work they do or the lives they have saved. There is no one size fits all chaplaincy and it tends to mould and fit to the circumstances it finds itself in.

We have been very lucky over the past 20 years to have had Rev Canon Alan Robson as our Agricultural Chaplain here in Lincolnshire. He has touched many lives and had a huge impact on the agricultural community within Greater Lincolnshire in so many ways. Which is why in February Rev Cannon Alan Robson was awarded the Lincolnshire Agricultural Society President Award 2023.

### THE IMPACT OF RURAL CHAPLAINCY

## Help us to help others

Have Rev Canon Alan Robson or any of the other agricultural chaplains helped you? We would love to hear your stories of how they have helped you. When we apply for funding, we are often asked how rural chaplaincy helps people so we are looking to illustrate the many positive ways where chaplaincy has impacted on rural lives.

If you would like your story to be anonymous just let us know. Rural chaplaincy is an essential service in these stressful times for farmers and we need to share the impact it

has to encourage more people to seek support. Please help us to help others.

Email your stories to  
[jackie.elton@lrac.org.uk](mailto:jackie.elton@lrac.org.uk)



# a diversity innovation Farming Conference

SUNDAY  
11th June 2023  
from 10.00am to  
4.00pm

## Open Farm Sunday

This year our Agricultural Chaplains will be at an Open Farm Sunday event at Uncle Henry's on Sunday 11th of June between 10am and 4pm.

Parking will be charged at £5 per car with all money raised being donated to LRAC.

Open Farm Sunday is a great day for non-farming folk to see how their food is produced and see behind the scenes of working farms.



## Fundraising

*Making progress towards our goal!*

We continue to make good progress towards our fundraising goal. At the beginning of March, we had passed the **£145,000** mark. Thank you to all those who have sent donations.

Our redesigned website is now live, thanks to the funding we received from the Lincoln Diocese Transformation Fund. On the website you can keep up to date with what the chaplains have been doing around the county. You can also make a donation and join our email newsletter if you prefer to have monthly news updates from us straight into your inbox.



## Thank you

to everyone who entered our competition to win a food hamper kindly donated by Uncle Henry's.

The winner was James Ross from Thompson & Richardson.

*Michael Pickles*

Campaign Manager



*How to Donate*

Scan the QR code to  
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LINCOLNSHIRE RURAL & AGRICULTURAL CHAPLAINCY

[www.lrac.org.uk](http://www.lrac.org.uk)



CHARITY NO. 1195180

Contact: Alan Robson Mobile: 07542 272049  
or Jackie Elton Email: [jackie.elton@lrac.org.uk](mailto:jackie.elton@lrac.org.uk)

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