

Lifelines

A NOTE FROM OUR *Editor*

There is a greater need for our services than ever before

Hello everyone

Amy Thomas LRSN Head of Charity

Welcome to the Winter edition of the LRSN newsletter! This edition is packed with news of donations and the fundraising efforts of both the LRSN team and some of our fantastic supporters, so I wanted to take a moment to tell you all why each and every person who supports LRSN is so very important to us.

LRSN is a community; a community of volunteers, business friends and supporters, who work together in response to the challenges faced by farming and rural families across Lincolnshire. The support of our community is absolutely essential in so many ways: through fundraising to help safeguard and maintain our services; through offering specialist and expert advice; through supporting our events and hosting the Health Hut; through raising awareness of the support we can offer, and in so many other ways too numerous to list.

This is particularly important at the current time, as unfortunately, there is a greater need for our services than ever before. We are seeing a significant increase in the number of people reaching out to us for support and are currently supporting 183 farming families, compared to 186 in the whole of last year. Our helpline is also busier, and we have already taken 127 helpline calls since April, compared to 90 calls in the whole of last year.

I am humbled by the support we receive from our community, whether that is through people giving their time as a volunteer, making a donation, growing a moustache as part of a fundraising campaign or simply by passing our helpline card onto a friend or neighbour. If, like me, you feel inspired by the amazing supporters and champions of LRSN featured in this edition of our newsletter, and you would like to find out how you can get involved, please do get in touch. We would love to hear from you!

A note from the LRSN Nurses

February is **National Heart month**

- Get your Blood Pressure checked
- Get moving more
- Eat healthily
- Manage your stress levels
- Learn CPR

March is **Sepsis Awareness month**

This is a potentially life-threatening condition triggered by infection: wound or chest or urine usually. If you are feverish or shivering and are feeling really unwell, just ask 'could it be sepsis?' You can find further sepsis information here: <https://bit.ly/Sepsisinfirming>

April is **Stress Awareness month**

Stress is not avoidable, but it is manageable. Identify your triggers early so you can take action. Negative stress reactions affect your thinking, emotions, behaviour and cause physical ill health, too.



WINTER 2022

This issue kindly sponsored by

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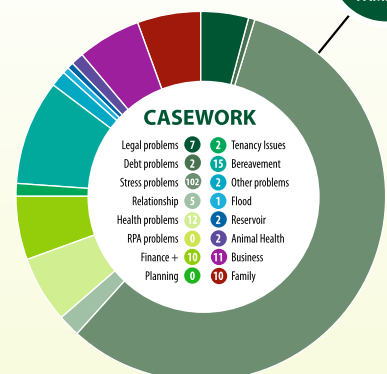
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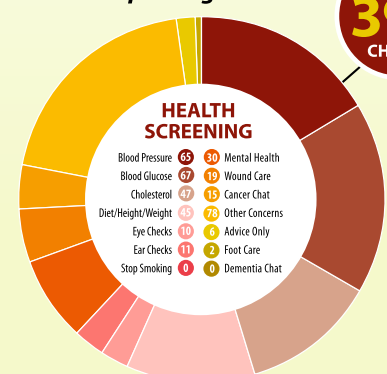
YEAR TO DATE 31 / 12 / 22

HELPING
183
FAMILIES



Louth Livestock Market & Spalding Auction

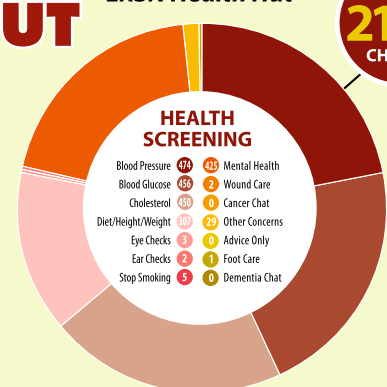
HEALTH
395
CHECKS



Health HUT

LRSN Health Hut

HEALTH
2154
CHECKS



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

CHARITY AUCTION & AGM

Oh what a night!

What a night! With record numbers in attendance, a great time was had by all. Our very own Sean Sparling, our MC for the night, kicked off proceedings in his own unique style, standing on a chair with a wolf whistle he gained everyone's attention.

The formalities of the AGM were swiftly dealt with followed by a short video about LRSN's work. This was the first time that people who have benefitted from LRSN's help have spoken out at our request: when the video played there was silence in the room, a very moving and real story of what is happening in our agricultural community.



If you missed out you can see it on YouTube:
<https://bit.ly/LRSNHelps>



Auctioneer Charlie Bryant of Brown & Co hosted the main part of the evening, our charity auction. The room was alive with bids for the 37 lots available, there were garden planters, visits to the House of Lords, meat hampers and many, many more items in the auction catalogue. We want to thank everyone who donated an item to the auction and of course everyone who bid and bought lots: without the generosity of those attending the event we wouldn't be able to raise the fantastic amount of funds we need to help support the agricultural community in Lincolnshire. And we would like to thank Springfields House Association for their kind sponsorship.

The 2022 charity auction and raffle raised a total of £13,995



Bountiful Lincolnshire

The county harvest festival took place at the Cathedral on Sunday 23 October. Ably led by Rev Canon Alan Robson, the team of LRSN staff and volunteers, YFC and NFU staff members all gathered before the service to decorate the high altar with beautiful Lincolnshire produce.

All the produce was kindly donated by Staples Vegetables, Jack Buck Farms, Branston Potatoes, The Spud Barn, and Andrew Wattam. We were incredibly grateful for all the donations, as were Lincoln Community Larder who received all the vegetables following the service. The Witham Group kindly donated delicious cupcakes that perfectly accompanied the lovely cup of tea made by the Cathedral refreshments committee. A huge thank you must go to everyone who contributed towards the county harvest festival by way of produce or time.

A DATE FOR YOUR DIARY!

This year's County Harvest Festival will be held on Sunday 22 October.

Blue Bird Art

Michelle Bird of Blue Bird Art travelled around the county painting scenes of Lincolnshire farming in 2022. Michelle exhibited her beautiful paintings in October at her Lincoln gallery and during the exhibition she very kindly offered to raffle a piece of her artwork in aid of LRSN. The raffle raised a fantastic £1,600!

Huge thanks to Michelle for her generosity and congratulations to the winner of Michelle's wonderful painting.



LRSN & Woldmarsh Golf Day

Following the huge success of our annual golf day in 2022, it is back again in 2023! Working alongside Woldmarsh once again, the golf day will be held at Blankney Golf Club on Friday 12 May. Keep an eye out for our social media posts for more details about how to enter teams and more about sponsorship opportunities.

Dates for your diary 2023

9 FEB

Lincolnshire Farming Conference
Lincolnshire Showground

12 MAY

LRSN & Woldmarsh GOLF DAY
Blankney Golf Club

11 JUN

Open Farm Sunday
Uncle Henry's

21/22 JUN

Lincolnshire Show
Lincolnshire Showground

22 OCT

County Harvest Festival
Lincoln Cathedral



New LRSN Volunteers for 2023

Dot Brooke-Taylor

I am originally from Derbyshire but moved to Lincolnshire in 1994 after living in various other parts of the country. My first career was in agriculture – Brooksby Agricultural College (OND), as a shepherdess/stockwoman/tractor driver, then on to MMB Farm Management Services. I married an engineer, did an OU degree and have two children, now in their early thirties. I have volunteered, and still do, in all sorts of ways with all sorts of groups from geology and wildlife to local village things and with YFC and WI in the past. I was a LIVES

responder for several years, too. I think it is easier to get involved than to say 'no' and I like to help where I can.



Dot Brooke-Taylor

Karen Rippin

I was born and educated in Lincolnshire. I have recently returned home having lived on the Wirral in Cheshire for the last 30 years.

During my career I have worked in public and private industry including the National Health Service, criminal justice system, charitable and environmental sectors. I have an honours degree in business, finance and law, but latterly I changed career paths completely and studied to become a countryside/coastal ranger. As a countryside/coastal ranger I was responsible for the management and development of various sites.



Karen Rippin

My hobbies are anything to do with the great outdoors but mainly walking. I'm looking forward to working with LRSN and supporting them in any way that I can.

Judy Wood

Growing up on the family farm near Brigg and then marrying into a farming family has given me an understanding of the challenges facing those living in rural communities. I have always enjoyed my career as a teacher in both adult education and secondary schools. For the last eighteen years, before my retirement, as head of English and sixth form tutor at a local school, I had responsibility for both the academic and pastoral care of my students. I have two grown-up daughters and four grandchildren who love to visit Lincolnshire. I love the outdoor life and have always enjoyed many sporting activities. I know what valuable work the LRSN does and look forward to being involved.



Judy Wood

Julian Tatam

I was brought up in Lincolnshire, but after university I worked in various consultancy and agricultural banking roles in many parts of the country, before returning to Lincolnshire about 20 years ago.

I stepped down from my full time banking role in 2017 and am now running a part time agricultural consulting business, alongside enjoying semi-retirement. Having worked with LRSN on their Prince's Farm Resilience Fund Project in 2018/19/20 and again on the DEFRA Future Farm Resilience Project in 2021/22, I am familiar with the positive impact of the organisation.

I am looking forward to taking up the role of volunteer caseworker in 2023 to help



Julian Tatam

LRSN clients with some of their business and financial issues at this time of great change and increasing cost pressures for farming.

When not working I enjoy travelling, walking and especially cycling, in the UK and abroad.

Sarah Scott

My name is Sarah Scott. I am married to James with two teenage children called Olivia and Marcus. We have two Labradors and a horse. We live on an arable farm and the grass field is rented out to cattle every summer. I work in property and events and my husband works in Wealth Management in Lincoln.



Sarah Scott

A warm welcome to you all!

Hire a Nurse for a Day

Does your company need a nurse for the day? Would your staff benefit from a simple health check? The LRSN nursing team is available to hire. You can hire one or all our nursing team to come to your place of work and carry out checks for your employees.

If this is a service you are interested in please contact Sarah Poucher on 07738 741150 or sarah.poucher@lrsn.co.uk



Moustache some Cash for Smiler

A simple campaign to remember a great friend to many, turned out to be a huge success both in highlighting our services and raising funds for LRSN. Moustache some Cash for Smiler started as a chat between old friends around a kitchen table, an idea to help remember a friend lost and to highlight the importance of talking to each other specifically to highlight men's mental health. The idea grew until it gathered over 200 participants from all over the county and beyond, growing their 'tache' to help spread the word about the importance of men's mental health.

Mark 'Smiler' Richardson was a supporter of LRSN and a great friend of LRSN Chairman, Matt Phillips. Matt, along with Ben Atkinson and Rob Brown, organised a get together at Mark's family farm at the end of November with as many of the "Mo Bros" as possible. The day was a celebration of the success of the campaign and an opportunity to swap stories and anecdotes and to reflect on the friendships that Mark had made over the years. Great friendship was the legacy that Mark left behind and in return for that friendship his friends, colleagues, and family raised £34,579.25 for LRSN in his memory.

Well done to all involved, there were some amazing efforts with the 'tache' growing!

Friends, colleagues, and family raised **£34,579.25** for LRSN

Lincolnshire Co-op Community Champions



Hopefully over the past few weeks you will have spotted the social media about Lincolnshire Co-op raising funds for nominated charities as part of their quarterly Community Champions fundraising activities. LRSN is one of 26 groups chosen to receive the funds raised during the Autumn quarter, which had a particular focus on mental health and suicide prevention.

We are delighted to announce that we received an email just before Christmas to say that the fundraising has now finished and that the amount raised for LRSN is £33,163.17, which is astounding!

Our thanks go to the Lincolnshire Co-op for including us in their fundraising campaign and to everyone who supported the Community Champions by shopping locally with the Co-op.

Royal Warrant Holders Association Grant

Massive thanks go to Nigel and Ali Bottom at The Witham Group for recommending that LRSN receive a grant for £1,000 from the Royal Warrant Holders Association. As suppliers to the Royal Estates, The Witham Group are Royal Warrant Holders and have the privilege of being able to recommend charities to the committee.



The Witham Group have been great supporters of LRSN and we would like to thank them for all that they do to help and support the team.

Fundraising Louth Christmas Tractor Run



Imagine more than 100 tractors garnished with Christmas lights and decorations taking to the roads of Louth and the surrounding villages the weekend before Christmas; it certainly was a sight to behold! On a damp cold evening the tractors met at Louth Cattle Market brightening up the night and filling the air with the sound of air horns, creating a brilliant atmosphere. Taron, Dayle, and the team worked hard to ensure the display was a spectacle for all. The entries, raffle and text-to-donate has raised just over £6,000 (the official total is still to be confirmed as funds are still coming in). Oliver Needham was the winner of the best decorated tractor with the Christmas tree on the back. Well done and thank you to everyone involved: it was a great tractor run; we really appreciate the support.

Harmston Young Farmers' Tractor Run

Between Christmas and New Year, a group of young farmers from Harmston Club gathered together for their second annual tractor run helping to support the agricultural community by raising funds for LRSN. There were 45 tractors decorated with Christmas lights that took to the roads around Harmston; their fantastic event supported LRSN and raised £2,490. Thank you to everyone who took part and to Harmston YFC for organising it.



Norfolk Farm Vets Quiz

Molly and the team at Norfolk Farm Vets held their annual Christmas quiz on Tuesday 13 December, and as always, they had a fantastic turn out. There was a whole host of amazing raffle prizes donated and the £830 that was raised from the raffle was donated to LRSN. Our grateful thanks go to Molly and the rest of the staff at Norfolk Farm Vets for their continued support.



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 rural community.



Louth Christmas Fatstock Show and Sale

As always, the LRSN team was out in force at the Christmas Fatstock Show and Sale at Louth Cattle Market at the end of November. This year there was a Christmas Tree and a group of Christmas puddings and our Naughty Nurse with her team of junior doctors all making the rounds selling raffle tickets and giving out mince pies. Oliver and the Masons' team did a fantastic job of raising funds for LRSN both at the fatstock sale and the dinner: we would like to thank them for the £2,752.50 given to LRSN with the same amount also going to Lincs & Notts Air Ambulance.



Stamford Fatstock Dinner

Thank you to the committee of the Stamford Fatstock Dinner for the donation of £414. The dinner took place on Monday 28 November at The George Hotel in Stamford where LRSN Charity Support Manager, Alison Pratt was presented with the cheque by local farmer and committee member, Monty Andrew.

Woodhall Spa Country Show



Sue Stennett, in her dual role of LRSN volunteer and Woodhall Spa Country Show committee member, presented Matt Phillips with a cheque for £1,000 at our AGM and Charity Auction in November. The Country Show was held for the first time post pandemic in May 2022, and with a record attendance the committee raised £10,000 for local charities including LRSN. Thank you to the committee for making the donation to help support Lincolnshire's agricultural community.

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



Show your support for LRSN

Don't miss out on your opportunity to promote LRSN while you are on your travels. We now have some fantastic new promotional car stickers available. If you would like one, then either pop into one of our clinics at the markets or give Sarah a call (07738 741150) and she will get one sent out to you.

CONTACT LRSN

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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**

Rural & Agricultural Chaplaincy

There is room for everyone within rural chaplaincy



The Methodist Church UK at Advent adopted the theme 'There is ... room'.

There is ... room for, you and me, for difference, for all nature, for all ages and genders, for refugees, there is room for God.

This Advent theme played into my chaplaincy heart and affirmed all I believe chaplaincy and service is about. At the very core is acceptance and non-judgementalism.

We chaplains deliberately seek out people who are struggling, and we have those solution focussed conversations - we listen and seek great outcomes for all with whom we engage with support from others.

The prayer over this theme was:

Because Jesus was born, there is room for everyone in God's world, God's story. No matter how you feel, or what you've done. No matter how trapped by circumstances you might be. There is room in God's story for you.

Surely this is what chaplaincy offers to Greater Lincolnshire?

Rev Canon Alan Robson Lead Chaplain

If you are struggling, please reach out to our chaplains 07542 272049

Breakfast with The Right Rev'd Stephen Conway Acting Bishop of Lincoln



Bishop Stephen hosted a breakfast for key members of the farming industry with the agricultural chaplains and LRSN. Organised by Rev Alan Robson, it was an opportunity to connect the Bishop, a sitting member of the House of Lords, with the current challenges faced by the farming sector in Lincolnshire, follow up meetings are planned.

Thank you to all who contributed.



Harvest Festival the County

Although Harvest seems a long time ago now, the chaplains were busy and attended over 30 harvest festivals including the County Harvest Festival at Lincoln Cathedral. Rev Canon Alan Robson attended the Derbyshire Farmer's Harvest Service at Bakewell Livestock Market, watch his sermon on our YouTube channel.



Rural isolation and loneliness

Isolation in rural communities like Lincolnshire can become worse when the weather is bad, as people stay inside to keep warm. How many times do you have a chat with someone each day?

Having a good chat with someone can help you feel less alone. If you are struggling to get out and about, our rural chaplains are here if you want a chat either face to face or on the phone. Stay warm and safe.



ivals around



Country Mile Coffee Mornings

Thank you to all the Lincolnshire Methodists who have held a coffee morning to raise funds for LRAC. Rev Canon Alan Robson and Rev Catherine Wylie attended a coffee morning at Middle Rasen.



Lincolnshire Farming Conference Healthy Soils and Healthy Minds

We will be attending the Lincolnshire Farming Conference on Tuesday 9th February, visit our stand and meet the chaplains.



Reverend (Wing Commander) Ian Brown receives OBE

Congratulations to one of our trustees Ian on his award of an OBE in the New Year's Honours list. Bringing his experience and work as a RAF Chaplain is invaluable and we appreciate all that he does for rural chaplaincy.

Fundraising *Making progress towards our goal!*

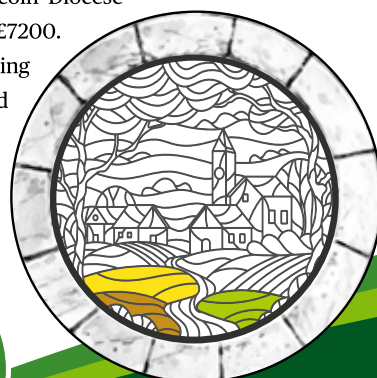
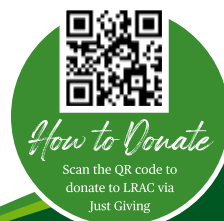
We continue to make good progress towards our fund-raising goal. As at the beginning of December we had passed the £125,000 mark. Thank you to all those who have sent donations. Special thanks should go to all the Methodist churches around the county who have been holding coffee mornings in support of the charity. To date we have received over £2000, collected in 15 different churches.

We have been successful in our application to the Lincoln Diocese Transformation Fund, where we applied for a grant of £7200.

This was to cover the costs of designing and building an updated website, keeping this site up to date and increasing the chaplains' social media presence, allowing us to promote all the good work they are undertaking.

Michael Pickles

Campaign Manager



LINCOLNSHIRE RURAL & AGRICULTURAL CHAPLAINCY

www.lrac.org.uk



CHARITY NO. 1195180

Contact: Alan Robson Mobile: 07542 272049
or Jackie Elton Email: jackie.elton@lrac.org.uk

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