

Lifelines

We are always here for you

LRSN's vision is that no one in the agricultural or horticultural communities in Lincolnshire should face difficulty alone.

Myself and the senior leadership team at LRSN have been working hard behind the scenes to ensure that the strategic plan meets this vision. The four strategic pillars are Support, Awareness, Sustainability and Governance.

To continue my introductions of the board of trustees, here are two members of our fantastic team of trustees, Jane Chard and Lisa Boileau, who specialise in governance, one of the four strategic pillars.

Matt Phillips LRSN Chairman



Jane Chard

I was born and educated in Lincoln and my maternal grandparents were farmers on the Lincolnshire/Nottinghamshire border.

After resigning as the Small Business Manager at NatWest's Lincoln, Smiths Bank, I joined Lincoln Diocese as Director of Resources working with churches across Lincolnshire, advising them on all issues related to finance. I work with two other local charities and retirement has given me opportunities to indulge my love of all areas of the arts - particularly painting.

I have two married children and three granddaughters who all live close by and family life is very important to me. I was surprised and delighted to be invited by the late David Creasey to join the Board of LRSN 13 years ago and am currently a member of the Governance and Finance sub-committees where I hope my financial and third sector experience is of value. LRSN plays a huge part in my life and am very proud to be part of this wonderful family and witness the amazing work LRSN does to support the farming and horticultural community in Lincolnshire.



Lisa Boileau

Occupation: Solicitor

Specialisms: Financial divorce - particularly involving farming partnerships, limited companies, and trusts.

Experience: I trained as a lawyer in 1992 and much to the surprise of my happily married parents, chose matrimonial finance and divorce as my specialism. I like helping people and I like to find solutions to resolve complicated issues. Practising at a regional law firm in Lincolnshire with a specialist agricultural law department, farming cases have always been a large part of what I do. I volunteered with LRSN because I wanted to put my skill set to good use and to give something back to my community.

I was invited to join the Board of LRSN in January 2016, having volunteered for them and given pro bono legal advice to clients of LRSN for many years. I instantly said yes! I knew how well the charity was run and what a fantastic Board I was joining.

Outside of work: There is nothing better than a day walking in the hills.

SUMMER 2023

This issue kindly sponsored by

Smailes Goldie Group
CREATING ADVANTAGE

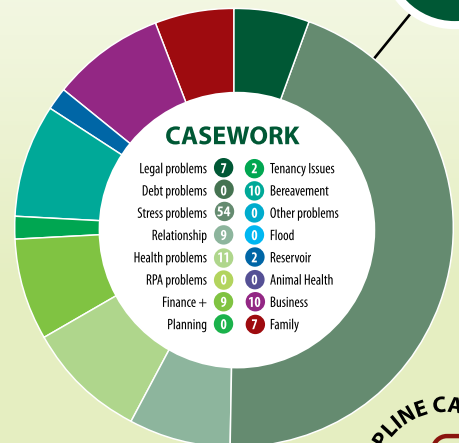
a leading firm of Chartered Accountants, Tax and Business
Advisors who specialise in Agriculture and Landed Estates

www.smailesgoldie.co.uk

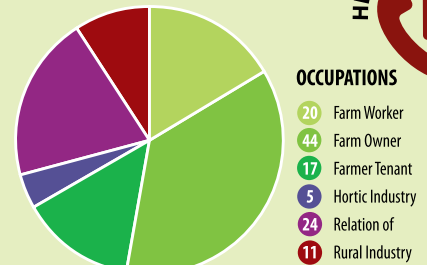
Statistics

Quarter Ending 30 / 6 / 23

HELPING
121
FAMILIES



HELPLINE CALLS
37



Chairman's Drinks and Charity Auction Evening

We will once again be returning to the Epic Centre at the Lincolnshire Showground to celebrate all that is LRSN with our annual Chairman's Drinks Reception and Charity Auction and AGM.

The evening will begin with the Chairmen's Drinks Reception allowing us all to catch up with old friends and prepare ourselves for the excitement of the auction that will be about to take place. We can already reveal that there are several spectacular auction lots confirmed and the team are working tirelessly to ensure that there will be plenty more to bid for on the night.

Your invitation will arrive in good time, but please put Wednesday 11 October in your diary.

Save the Date

**WEDNESDAY 11
OCTOBER 2023**

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

The Lincolnshire Show

A wonderful opportunity to get together and talk about what we do!

Words aren't enough to explain how fantastic the Lincolnshire Show was for LRSN this year, we can't thank our supporters enough for the help they gave us in creating such a wonderful base for the LRSN family to get together and talk about what we do.

The Lincolnshire Agricultural Society, Graham and the fabulous team at Peacock and Binnington, David and Judy Wood and Joe from Wood's Marquees, Tom from Just Talk Agri, Riggall's Removals, Wilkin Chapman Solicitors and Chatterton's Solicitors and Wealth Management, Brown & Co J H Walter, the teams at the NFU, CLA, LMR and the County Council and of course all of our amazing volunteers who turned up and helped out in abundance.

We can't talk about the Lincolnshire Show without mentioning our spectacular team of nurses, who worked their socks off during the two days and performed over 160 health checks for show visitors. Our Health Hut was buzzing from the beginning of the day and was nonstop with people popping in to have their health check done.

We spoke to so many people over the two days of the show, it's impossible to pinpoint what those conversations were focused on, but we can say without any doubt that those who visited us at the Lincolnshire Show are far more aware of the services we offer and the work that we do. The aim was to raise awareness of LRSN and we definitely made an impression.



We can't wait to be back there next year, so if you didn't make it to see us this year, make sure you make a note in your diaries to visit us in 2024.

Our #TimeToTalk Campaign takes off

This summer we have launched our #TimeToTalk campaign, the aim is to tackle the issue of loneliness and isolation in the agricultural and horticultural communities in Lincolnshire. We would like to see people getting together, organising events, reaching out to friends and neighbours, we challenge you to take a selfie with your friends and post it to LRSN social media. 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, but 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.

County Harvest Festival

Lincolnshire County Harvest Festival is taking place at Lincoln Cathedral on Sunday 22 October 2023 at 3pm. Join us in making this the biggest celebration of our county's bountiful produce.

All are welcome and encouraged to attend the service so please do ensure the date is in your diary.

We look forward to welcoming you there.



Fundraising



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.

Spalding YFC's Charity of the Year

Huge thanks to the members of Spalding Young Farmers' Club who chose LRSN as one of their charities of the year. After all their fundraising efforts over the last year they presented us with a cheque for £1,000 at their AGM in June.



LRSN & WOLDMARSH CHARITY GOLF DAY 2023

Wow! What a day

We had the most teams we have ever had and fabulous sponsorship of tees and prizes, huge thanks to all our sponsors, everyone that donated prizes or to the raffle. We really appreciate the support and without all of you we wouldn't have had such a wonderful day raising so much money.



The winning team from Forrester Boyd had a great round but the competition was fierce, and all teams were determined to have a great day. We're looking forward to next year already, keep your eye on our socials for the announcement of where and when it will be taking place.



SUNDAY 22 OCTOBER 2023

Roseanna Vintage Fashion Show

Tuesday 19 September
at 7.00pm
Elsham Golf Club
£10 per ticket

Tickets only available in advance
Call Margaret Borrill on 07917 520352
Or email margaretborrill@gmail.com



TUESDAY 19 SEPTEMBER 2023

New Volunteers

Anna Yates

Hello, my name is Anna. After spending more than three decades overseas, I am thrilled to be back in the UK and embarking on a new chapter of my life in the picturesque countryside of Lincolnshire.

My professional expertise lies in psychotherapy, clinical hypnosis, and NLP (Neuro-Linguistic Programming), and I have dedicated myself to assisting individuals from diverse backgrounds and age groups in overcoming mental health issues and emotional well-being challenges. In 2010, I established a reputable therapy practice in Dubai, along with two of my daughters. Together, we developed a professional, confidential and compassionate approach to client care, earning the trust of many. When the pandemic struck, we swiftly adapted our practice by offering remote sessions through platforms like Zoom, ensuring that we could continue delivering therapy conveniently and effectively, both in-person and online.

Originally from Surrey, I am excited to have this opportunity to contribute to the well-being of the rural community and local residents, supporting them with their overall wellness and mental health needs.



Anna Yates

Katie Jackson

I am a wife, mother and mental health advocate who lives on a farm with my husband Ben and our two teenage children. I have a love for animals and have my own little hobby farm where I raise pigs, chickens, ducks and Guinea fowl and care for a variety of pets. In my spare time I keep fit and enjoy nothing more than a long walk in the countryside.

I have a real passion for helping others and hold a certificate in counselling as well as being a certified mental health first aider.



Katie Jackson

Desmond Bradley

My name is Des and I was born in Gainsborough, but I moved to Grimsthorpe, Bourne when I was 11 years old. After finishing school, I did an HND in Agriculture at Writtle Agricultural College, Essex. Then I returned home to join my father's farm tenancy, I married Jane in 1979 and we then took over the farm in 1984. I'm retired now and one of our three sons has now taken over from me, we have two tenancies on the Grimsthorpe Estate. My hobbies include watching sport, leisurely cycling and travel.



Desmond Bradley

The Nathan Lea Memorial Football Match



Scott Lea and his family organised another fantastic football match in memory of Scott's son Nathan who lost his life to suicide. The football match was held at Boston United Football Club on 5 May, there were over 300 people in attendance, raising £2,345 split between LRSN, John Fielding School and Young Minds. LRSN has been lucky enough to receive £900 of that total. Thank you so much to Scott and his family for thinking of us when organising their events.

Horncastle Farmers' Ball

A huge thank you to the committee from the Horncastle Farmers' Ball, we were so grateful to receive a cheque for £1,250 from their ball earlier this year.

Winter Bridge Tournament

Thank you to Niki Denby and the rest of the team who organised the winter bridge tournament and raised an amazing £5,000 for LRSN.



Len's Light raising awareness

Masons Rural organised a great evening at the Louth Livestock Market to welcome Andy and Lynda Eadon, who are driving a tractor from John O'Groats to Land's End in memory of their son Len, the aim is to raise awareness of mental health issues in the rural community. Members of the market community joined together to have a drink, enjoy a hog roast and paint some wellies. The Tough as Old Boots wellies was an idea linked to the Eadon's journey, their idea was that every farm or house has a pair of old wellies thrown in a corner, why not decorate those wellies and tie them to the gate, hopefully those wellies will be a talking point. Let's get people talking. Andy and Lynda are supporting three national charities while they undertake their epic journey, but they were kind enough to split the proceeds from the Louth event with LRSN also, the evening raised a fantastic £807 for us.

Revesby Country Fair

Our thanks go to John and the committee at Revesby Country Fair who have donated £1,000 to LRSN once again from last year's event.

The Rotary Club of Lincoln Colonia

Thank you to the Rotary Club of Lincoln Colonia for their donation presented to LRSN Chairman, Matt Phillips and Treasurer, Charles Holt at the Lincolnshire Show by Rotary Club member James Wood.

James also brought along a cheque from the Lincolnshire group of the National Vintage Tractor and Engine Club of which he is a member.



A note from the LRSN Nurses

Focus on Urology, Blood Pressure and Alcohol awareness



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

AUGUST is Urology Disease awareness month

This month the focus is on raising awareness of urology disease which includes cancers of the kidney, bladder, prostate and male reproductive system as well as chronic and life disrupting diseases such as incontinence, kidney stones and urine infections.

Many men will experience trouble having a pee as they age. An enlarged prostate is a common cause of this, it is a non-cancerous growth of the prostate, associated with ageing. Around 40% of men over 60 will be having problems having a pee. Simple things like drinking less in an evening and cutting down on caffeine and alcohol may help. There is also medication to help shrink the prostate and finally surgery. So, seek help from your GP.

Prostate cancer is the most common type of cancer found in men. It is most common in men over the age of 50, especially those with a close family history of it. 1 in 8 men will be diagnosed with it at some point in their lives. This risk increases to 1 in 4 for Afro-Caribbean men.

A few tests and checks will be needed to diagnose correctly so see your GP if you have difficulty passing urine, have the sudden urge to pee, are peeing more frequently especially at night, cannot completely empty your bladder or you see blood in your pee.

The colour of your pee can be a sign that you need to drink more water to avoid dehydration or you may have an infection.

Blood in your pee is not usually caused by anything serious but you must get it checked out.

Remember: Blood in your pee? See your GP

WOULD YOU LIKE...
Individual Health Checks
FOR ALL OF YOUR EMPLOYEES?

LRSN
Lincolnshire Rural Support Network

LRSN Health HUT

Our nurses can provide:

- Wellbeing Chat
- Diabetes Risk Check
- Height & Weight Check
- Eye & Ear Check
- Blood Pressure Check
- Blood Sugar Check

For information about costs please contact us
Email: info@lrsn.co.uk call: 07738 741150
or visit: www.lrsn.co.uk

Registered Charity No. 1137678

SEPTEMBER 'Know your numbers' blood pressure

FACT: 1 in 3 adults in UK has high blood pressure BUT 1 in 9 adults has high blood pressure and does not know it!

Why is it important to know?

High blood pressure increases your risk of having a stroke or heart attack. It is also a risk factor for kidney disease, dementia and other illnesses.

What can increase my risk of high blood pressure?

- A family history of high BP, heart attack or stroke
- African, Caribbean or Asian descent
- Increasing age
- Other health problems and some medications

How can I lower my blood pressure?

- Eat less salt
- Eat less fat and sugar
- Eat more fruit and veg
- Cut down alcohol and caffeine
- Lose weight
- Be more active, five times 30 mins a week exercise
- Stop smoking
- Identify and control your stress triggers

What are the numbers to aim for?

- 120/80 or less = optimum level
- 121/81 to 139/89 = make lifestyle changes to lower your BP
- 140/90 or higher = if consistently at or above this level then you may have high blood pressure. See your GP and make lifestyle changes mentioned earlier.

Make time to see our nurses for a blood pressure check up!



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

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



OCTOBER 'Go Sober for October'

Give your body and mind a break from alcohol.

Benefits

- A clearer head
- More energy; hangover free and refreshed
- Better sleep; more restful and deeper sleep
- Weight loss; alcoholic drinks are high on empty calories
- Save money; go on, treat yourself in November
- A sense of achievement

Tips for a successful 'Sober October'

- Tackle your triggers, what prompts you to have a drink?
- Alcohol free alternatives, try a mocktail
- Understand the effects of alcohol on your mind and body

Alcohol has wide-ranging effects on our bodies such as heart health, anxiety and depression

Alcohol is linked to seven types of cancers

After October remember the low risk drinking guidelines which suggest no more than:

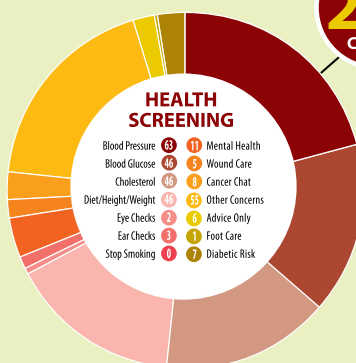
14 units of alcohol a week with at least three drink-free days to give your liver a break.

Statistics

Year Ending 31 / 3 / 23

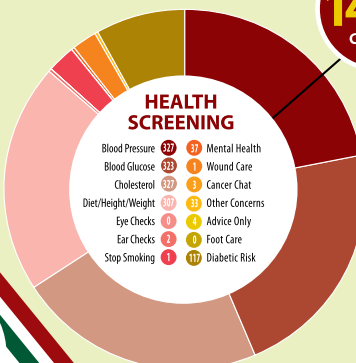
Louth Livestock Market, Melton Market and Spalding Auction

HEALTH 299 CHECKS



Health Hut

HEALTH 1483 CHECKS



CONTACT LRSN

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

[lincsruralsupportnetwork](https://www.facebook.com/lincsruralsupportnetwork)
[@lincsruralsupportnetwork](https://www.instagram.com/lincsruralsupportnetwork)
Company Reg No 07182183
Reg Charity No 1137678

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



Bishop Stephen appointed as new Bishop of Lincoln

Chaplaincy brings rural influencers together to meet the new Bishop on the first day of his appointment. We were fortunate to have the new Bishop of Lincoln, Bishop Stephen, visit Uncle Henry's on the day his appointment was announced.

Meryl Ward (Chair of LRAC) hosted a small lunch for him and his team to meet to discuss rural challenges with interested parties including Rev Canon Alan Robson, Rev Catherine Wylie and representatives from the Methodist Church, LRSN, LAS and Riseholme. He also toured the farm. He was very knowledgeable in the discussions on rural issues and very interested in supporting rural communities.

Green Synergy



Green Synergy is a Lincoln-based gardening and horticulture charity that supports people to socialise, learn and thrive. Rev Canon Alan Robson is the long-standing chairman of the board of trustees for the charity.

Green Synergy delivers community gardening and therapeutic horticulture programmes, activities, community engagement events and volunteering to bring communities together to improve people's mental and physical wellbeing as well as creating more life chances, quality green spaces and re-connect people to green spaces, growing and nature connectedness. Our vision is for the people of Lincoln and the surrounding areas to have access to a network of local community gardening and therapeutic horticultural projects, therefore creating even happier, healthier, stronger individuals.



Open Farm Sunday at Uncle Henry's

On Sunday 11th June Uncle Henry's hosted an Open Farm Sunday event which was a great opportunity for non-farming folk to see behind the scenes of a working farm and learn about how our food is produced.

Rev Canon Alan Robson opened the event with an open-air service organised by Grayingham Church and hosted in Uncle Henry's courtyard. He spoke about the children's book *Lost Words* and about our connection to the natural world. When we lose connection then we are truly lost. If you would like to read more about the service go to our website.

There were lots of things to see and do including farm machinery, farm animals, dog show, falconry display, face painting and the best of local food and drink.

Money from the car parking and raffle was donated to LRAC and a total of £1500 was raised.

Thank you to Uncle Henry's for hosting a wonderful event and to everyone who attended and bought a raffle ticket.



Lincolnshire Show 2023

The agricultural chaplains enjoyed visiting the agricultural trade stands and chatting with people about how chaplaincy can help overcome rural challenges.



Coningsby WI

Meryl (Chair of LRAC) and Rev Alan were invited to talk to the Coningsby WI on the role of agricultural chaplaincy. A full turnout of WI members listened to Alan talking about his work over the last 25 years based on a theme 'the world around can be crowded, whilst you are still alone'. Chaplaincy works in the community addressing loneliness and those in need, and Alan demonstrated how effective chaplaincy can be in making connections and caring for others.

If you would like a talk about chaplaincy please email Jackie.elton@lrac.org.uk



Legacy Campaign

Michael Pickles has been raising the profile of legacy giving on behalf of the Lincolnshire Rural Charities, LRAC, LRSN and the Lincolnshire Agricultural Society. You might have seen one of our leaflets stands, should you have visited a solicitor locally. Giving a legacy can involve a simple expression of wishes attached to your will, and if you are in a position to support chaplaincy, please contact Michael at Michael.pickles@lrac.org.uk and he will send you an information pack.



Fundraising

Making progress towards our goal!

The fund-raising campaign continues to move forward, and we have now broken through the £150,000 barrier. Donations are coming in from all parts of the county and if you wish to contribute personally or hold an event to raise funds 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.

Michael Pickles

Campaign Manager



LINCOLNSHIRE RURAL & AGRICULTURAL CHAPLAINCY
www.lrac.org.uk

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



How to Donate

Scan the QR code to
donate to LRAC via
Just Giving



CHARITY NO. 1195180

LINCOLNSHIRE
Rural & Agricultural
Chaplaincy