

# Lifelines

## lrsn Women in Wellies

The Women In Wellies project aims to create opportunities for women in farming, agriculture, and horticulture to come together, meet socially and develop peer support relationships while also allowing our LRSN team to provide health and wellbeing support.

The sessions will be led by LRSN nurse, Rachel, who has almost 20 years' experience working in the NHS within women's health, she will be offering health screening checks alongside interesting talks, activities and socials all with a focus on delivering health information and raising awareness about improved wellbeing.

The LRSN Women In Wellies project will be delivering sessions around the county from July 2024, we invite you to join us for us for one or more of these sessions and start your journey towards improved health and wellbeing.

Come along and hear from the Peri Meri Menopause Moments Project, get involved with a spot of wine tasting, enjoy a medicine walk through the woods, make sausages with Lincolnshire Cookery School and so much more...

New events are being added all the time so visit [www.lrsn.co.uk](http://www.lrsn.co.uk) for more information and to book your FREE place.

### PERI MERI MENOPAUSE MOMENTS PROJECT

6 August from 6.00pm - 9.00pm  
The Granary, Elms Farm, Hubberts Bridge

### SAUSAGE MAKING DEMONSTRATION

3 September from 9.30am - 1.00pm  
Lincolnshire Cookery School

### WINE TASTING & VINEYARD TOUR

26 September from 12.00pm - 3.00pm  
Mayfield Vineyard, Burton Pedwardine

### WILD MEDICINE WALK

5 October from 9.30am - 12.30pm  
Jenny's Woods, Wyberton

## Rural Charities Summer Ball

*Dancing the night away! The Rural Charities Summer Ball was just what we all needed after a busy week at the Lincolnshire Show.*

As well raising awareness for the three charities, Lincolnshire Agricultural Society, Lincolnshire Rural and Agricultural Chaplaincy and of course Lincolnshire Rural Support Network, the evening was a chance to catch up with old friends, socialise, enjoy a delicious meal made from Lincolnshire produce and hit the dancefloor to boogie along to the Rumble Band and Lincolnshire's very own DJ Blackgrass.

We want to thank Della and the committee for organising such a wonderful evening, the room looked magnificent, the food was delicious, the company was great, and the event did such a good job of reminding people about the rural charities.

Thank you to all sponsors, advertisers and supporters for getting involved, as always we really appreciate the support you give to the rural charities.



### SUMMER 2024

This issue kindly sponsored by



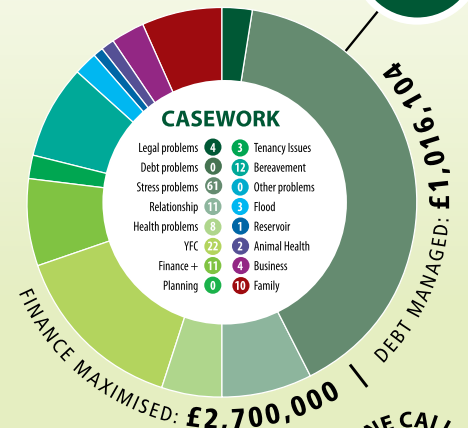
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## Statistics

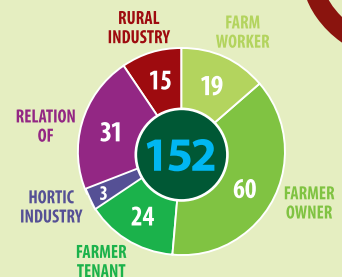
Quarter ending 30/6/24

HELPING  
**152**  
FAMILIES



### OCCUPATIONS

HELPLINE CALLS  
**49**



## Dates for your diary

**9 OCT** CHAIRMAN'S DRINKS RECEPTION & CHARITY AUCTION - EPIC Centre

**3 NOV** COUNTY HARVEST FESTIVAL  
Lincoln Cathedral

## Working together...

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





# LRSN at the Lincolnshire Show

**We had the most fantastic time at the Lincolnshire Show this year, our wonderful nurses saw over 160 people for health checks during the two days, we had over 250 people enter our guess the number of balloons in the tractor competition and saw countless visitors on the stand.**

We were lucky enough to be able to host a drinks reception on the NFU stand on the Wednesday to announce the launch of our Women in Wellies project. Amy, Head of Charity, talked about the importance of women in agriculture and associated industries looking after their health and wellbeing as research shows that this is often neglected. The project will see women getting together in an informal and fun way to focus on health and wellbeing while meeting likeminded women and developing peer support.

The LRSN breakfast on the Brown&CoJHWalter stand was a huge success once again on the Thursday, with over 80 people in attendance to hear all about the future plans for the LRSN team. As we celebrate our 25th year Chairman, Matt Phillips, reflected on how far we have come in the last 25 years, Gilly, Health and Wellbeing Lead, talked about what is happening in our industry right now, highlighting some of the vital work that the LRSN team are carrying out at the minute and Amy talked about the exciting projects LRSN has coming up in the next few months, including the Fit for the Future project funded by DEFRA focusing on 16-35 year olds in the industry and creating resilience within the industry.



We need to say a huge thank you to Peacock and Binnington, Brown&CoJHWalter, the NFU, Wood Marquees, Riggalls Removals and of course Lincolnshire Agricultural Society for their continued support. Without their help and support we wouldn't be able to produce such an amazing looking stand or be able to engage with as many people during the two days as we do. So, we'd like to convey our thanks to not only the afore mentioned companies and charities but also to all of the stands that allowed us to place wellies on their stands for our Where's Welly scavenger hunt and it goes without saying our volunteers that helped to make the two days of the Lincolnshire Show as truly wonderful as they were allowing us to raise awareness of LRSN and showcase the work that we do.



# LRSN Farm

April saw the LRSN farm walks, two very interesting and interesting looks at farm

## South Ormsby Estates

The visit to South Ormsby Estates nestled in the Lincolnshire Wolds showed traditional working farm and an estate going back to its roots, reusing and repurposing fences, making repairs using the wood yard on the estate. Replacing UPVC windows in the houses on the estate with traditional wooden windows creating a painting plan that provides jobs for the local community as a farm estate would have done in the past. The introduction of a vineyard to go alongside the already established Gin distillery on the farm and activities such as farm club for 11-16 year olds to get a taste of farming life showed us a progressive forward thinking view on running an estate with traditional values and thoughts. Paul Barnes, Estate Manager, took us on a circular mile and a half walk around the estate followed by a fabulous hog roast, sponsored by Lincolnshire County Council, back at the Old School. The evening was fabulous with over 30 supporter and partners of LRSN in attendance, if you get the opportunity to visit South Ormsby Estate at any point we would thoroughly recommend it. Visit

*The farm walks have allowed LRSN supporters, friends, to meet in an informal, social way. We would love to continue our work in autumn, if you think are able to offer an informative talk please contact Sarah on 07738 74115*

# Summer 25 Challenge!

**Our 25th anniversary celebrations continue with a challenge for you.**

We know that the summer is a busy time therefore attending events isn't the easiest thing to do so we thought we'd create a summer 25 challenge for you to complete at home. There are two challenge sheets available at [www.lrsn.co.uk](http://www.lrsn.co.uk) one for younger families and one for teens and adults. We'd love to see how you get on with your challenges so please make sure you take pictures and tag #LRSNsummer25 on social media.



**Irsn Summer 25 Challenge**

Take part in the LRSN Summer 25 challenge and share your 25 on any social media! Tick each box when you have completed the challenge.

- Challenge 1 Carry out an act of kindness
- Challenge 2 Learn a new skill or craft
- Challenge 3 Volunteer for a day
- Challenge 4 Take part in a park run
- Challenge 5 Put the LRSN helpline number in your contacts or 0800 583 770
- Challenge 6 Log out of social media for a day
- Challenge 7 Recreate a childhood photograph
- Challenge 8 Walk 25 times or 25 miles during the summer
- Challenge 9 Organise a community litter pick
- Challenge 10 Act like a tourist for the day

[www.lrsn.co.uk](http://www.lrsn.co.uk)

**Irsn Summer 25 Challenge Family / Under 10's**

Take part in the LRSN Summer 25 challenge and share your 25 on any social media! Tick each box when you have completed the challenge.

- Challenge 1 Carry out an act of kindness
- Challenge 2 Learn a new skill or craft
- Challenge 3 Volunteer for a day
- Challenge 4 Take part in a park run
- Challenge 5 Recreate in the sea and build a sandcastle on the beach
- Challenge 6 Make an ice cream station at home
- Challenge 7 Create a scrapbook of the summer
- Challenge 8 Exercise 25 times during the summer
- Challenge 9 Get involved with a community event
- Challenge 10 Go beachcombing

[www.lrsn.co.uk](http://www.lrsn.co.uk)

# Fundraise

**Cope Seeds Product Launch**

**Humberside Tractor**

**Nathan Lea Football Match**

We would like to thank the following people and events for hosting fundraising activities in aid of LRSN, we are incredibly grateful for the support and awareness raising that comes from your combined efforts.



# Farm Walks

very different farms but two equally lovely  
morning in our beautiful county.

[www.southormsbyestate.co.uk](http://www.southormsbyestate.co.uk) for more information about the exciting things they do and sell.

## Deeping Fen Farm in Baston

Richard Witt, Game Keeper for Nicolas Watt at Deeping Fen Farm in Baston gave us a magnificent tour of the nature reserve on Baston Fen, showing us how the farm has developed areas of natural beauty allowing nature to take back the land. The farm has extended field margins that allow wildlife to develop habitats and flourish. Richard is one of very few game keepers that don't buy birds in, he encourages and looks after the wild game that reside on the land, the shoot is entirely wild birds and they only have a very limited amount of days throughout that season. We saw the many ways in which the team on the farm were trying to encourage nature to return including bird boxes placed around fields, double hedges between fields and we even saw Richards very own turtle dove breeding programme. Richard's farm walk was followed by a yummy BBQ from Grasmere Farms also sponsored by Lincolnshire County Council.

...nds, volunteers and partners to come together in an  
...r 25th year with some more farm walks later in the  
...e and interesting venue for a farm walk in the future,  
...50 or email [sarah.poucher@lrsn.co.uk](mailto:sarah.poucher@lrsn.co.uk)

## Our new LRSN Volunteers

We would like to welcome some new faces that have joined the volunteering team over the last few months. If you are interested in joining LRSN as a volunteer, please contact [lou.gaunt@lrsn.co.uk](mailto:lou.gaunt@lrsn.co.uk)



**Jane Brown**  
Task Forcer



**Zoe Henderson**  
Task Forcer



**Diane Bell**  
Case Worker



**Charlotte Clark**  
Task Forcer



**Paul Robinson**  
Case Worker

## LRSN & Woldmarsh Charity Golf Day

**What a brilliant day! This year we had a slightly different format for our golf day, we reduced the number of teams and had a shot gun start.**

For those of you that aren't golf boffins that means that when the claxon sounds all teams start at the same time, this also means that all teams should roughly finish at the same time also allowing all competitors and of course helpers to sit down for a meal together after the game.

The weather held and although the black clouds threatened once or twice, we managed a beautiful afternoon of golf with lots of fun and laughter, the halfway house manned by the team from Woldmarsh and supplied with refreshments from the Witham Group was a constant hive of activity throughout the day. The raffle raised over £1,000 thanks to the generous donations of volunteers, businesses and partners and the team at Elsham Golf Club, especial David, were fantastic hosts.



Congratulations and thanks go to all teams that took part in our annual golf day, we are very much looking forward to next year and another great event.



Ranby Tractor Run

Smuggler Jack Event

Women in Agriculture Event

Bassingham Open Gardens

or Run

Spilsby YFC Tractor Run

2Farmersdoathing

BOSTON TOWN

NFU Clay Shoot

Louth Potato Co

Yorkshire 3 Peaks Challenge

A note from the LRSN Nurses

# We turn our focus to ... Skin Cancer, Blood

# Pressure Numbers and Sepsis 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 Skin Cancer Focus month

Sunburn, just once every 2 years, can triple the risk of developing melanoma skin cancer.

In the UK the sun's UV rays are strongest between 11 am 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 4 weeks.
- Looks unusual, irregular shape, different colours.
- Hurts, itches, bleeds, crusts or scabs for more than 4 weeks.

### What can you do to protect yourself?

- Spend time in the shade in the middle of the day.
- Cover up with clothes, hat, sun glasses with UV protection.
- Use sunscreen at least spf 15, re-apply regularly.

Take photos of moles or sore areas of skin regularly to monitor any changes and get suspicious moles checked out!



## Go Digital ...every little helps!

As you'll no doubt be aware, the cost of postage went up in earlier this year. 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.

## SEPTEMBER is 'know your numbers' Blood Pressure month

**Facts: 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.
- Your lifestyle- overweight, too much salt, sedentary, too much alcohol.
- 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, 5 x 30 mins a week exercise.
- Stop smoking.
- Identify and control your stress triggers.
- Some people will need medication from the GP.

### What are the numbers to aim for?

**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.

**121/81 to 139/89** = make lifestyle changes to lower your BP

**120/80 or less** = optimum level

Make time to see our nurses for a check up!

## LRSN Clinics 2024

### LOUTH LIVESTOCK MARKET

5th and 19th AUGUST | 2nd, 16th and 23rd SEPTEMBER | 4th and 18th OCTOBER

### SPALDING AUCTION

7th and 21st AUGUST | 4th and 19th SEPTEMBER | 2nd, 16th and 28th OCTOBER

### MELTON MOWBRAY MARKET

13th and 28th AUGUST | 10th and 25th SEPTEMBER | 8th and 23rd OCTOBER

### 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 is Sepsis Awareness month

Sepsis is an emergency medical condition where the immune system overreacts to an infection in the body. This is usually a wound, chest or urine infection.

It affects people of all ages and without urgent treatment it can lead to organ failure and death.

In UK alone 245,000 people every year are affected by Sepsis.

For 48,000 they die from sepsis-related conditions, that is 5 per hour.

Sepsis is often treatable if caught quickly so be sepsis savvy and just ask "could this be sepsis?"

### What are the symptoms?

ADULTS	CHILDREN
Slurred speech	Fast breathing
Extreme shivering or muscle pain	Fits or convulsions
Passing NO urine in 24 hours	Mottled or bluish skin
Severe breathlessness	Rash that does not fade
It feels like you are going to die	Sleepy and difficult to wake
Skin mottled or discoloured	Feel very cold to touch

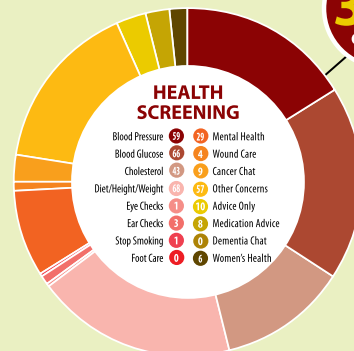
Education available on the [www.sepsistrust.org](http://www.sepsistrust.org) website

## Statistics

Quarter ending 30/6/24

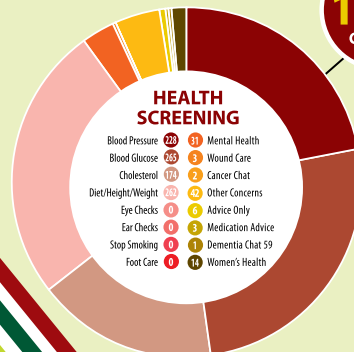
### Louth Livestock Market, Melton Market and Spalding Auction

HEALTH CHECKS  
**364**



### LRSN Health Hut

HEALTH CHECKS  
**1031**



### CONTACT LRSN

**Amy Thomas** HEAD OF CHARITY  
Telephone: 07725 203560  
Email: [amy.thomas@lrsn.co.uk](mailto:amy.thomas@lrsn.co.uk)

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Company Reg No 07182183  
Reg Charity No 1137678

CALL OUR HELPLINE: **0800 138 1710** VISIT OUR WEBSITE: [www.lrsn.co.uk](http://www.lrsn.co.uk)



Working across Greater Lincolnshire

DAY 2



DAY 3



DAY 6



DAY 7



# Viking Way Walk

Thank you to the Lincolnshire farming organisations and individuals that walked the Viking Way to raise awareness and raise funds for rural chaplaincy!

#getactiveforAlan 1089 miles walked in total

Starting at Barton under the Humber Bridge and travelling 149 miles through 3 counties to Oakham in Rutland, 68 people walked with Meryl Ward, LRAC Chair, and Rosie James. Completed over 11 days, the youngest 'walker' was 9 months and the oldest 84 years young. Twelve rural organisations walked with Meryl and Rosie on a journey of good fun and fellowship, collectively covering 1089 miles, which was greatly enhanced by the many churches open and cake stops along the way. Thank you all - just under £20,000 has been raised so far. The Charity is very grateful for the many expressions of support in our endeavour to raise funds to pay for a part-time colleague for Rev Alan and finally to secure Alan's post for the future.

DAY 4



DAY 5



DAY 7



DAY 7



“ Thank you so much for going the extra mile to show the Lincs Farming Communities support for Alan. Over 25 years, he has ‘been there’ for so many people, fundraising is vital for the future ”  
Jane H

“ An excellent cause, we must keep Alan ”  
Digby Scott

“ In an industry where fewer people than ever are employed in our Lincolnshire fields, increasing isolation and feeling that no-one cares is growing. This special chaplaincy is needed more than ever ”  
Alwyn

“ An epic walk and a very memorable day. Thanks for great company and raising money to keep Alan Robson's great chaplaincy work going. Stride on! ”  
David Lyle

“ This is an amazing charity and Alan is a hero! Worth every penny anyone can spare ”  
Henry Ward

“ This is such an important cause. Agricultural chaplains have a really important role to play in the farming community ”  
Tony Goodger

If you would like to donate the Just Giving page is still open. Please scan the code to donate



DAY 10



DAY 8



DAY 9



DAY 11



DAY 11



...raising funds to support agricultural chaplaincy

## Alan's Presidents Award ... at the Newark and Notts Show

Rev Canon Alan Robson was presented with the President's Award and a beautiful shepherd's crook from Show President, Bob Sheldon, at the Newark and Notts Show in May.



## Long Service Award for Alan

Rev Canon Alan Robson received the Lincolnshire Agricultural Society Long Service Award for his chaplaincy work over the last 25 years from the President of the Show, Mr Ian Walter.



## ROGATION Sunday Service held at Uncle Henry's

Rogation Sunday is about blessing the boundaries of a parish and its villages, an outdoor Rogation Sunday service was held at Uncle Henry's, the congregation from Grayingham church and surrounding parishes, travelled around the farm on a tractor and trailer.

Rev Alan Robson presided at the service and said prayers "we beseech you O God to bless....." all people, land, communities ...

## Save the date 2024-25

### LINCOLNSHIRE COUNTY HARVEST FESTIVAL

at Lincoln Cathedral on Sunday 3rd November at 3 pm, all welcome.

### INAUGURAL LINCOLNSHIRE CHAPLAINCY CHRISTMAS CAROL SERVICE

in Dec, date and venue to be confirmed.

### FESTIVAL OF CHAPLAINCY

in Lincoln Cathedral  
Friday 21st March  
Dinner with guest speaker  
Sir Jonathan Van-Tam MBE  
FRCPATH FRSB FMedSci  
Master of Ceremonies - John Inverdale

Saturday 22nd and Sunday 23rd March  
Exhibitions of Chaplaincy work from across Greater Lincolnshire with guest speakers throughout the day and ending with Evensong on Sunday afternoon.



Find out more on our website: [www.lrac.org.uk](http://www.lrac.org.uk)

## Fundraising

We appreciate everyone's generous donations this year.

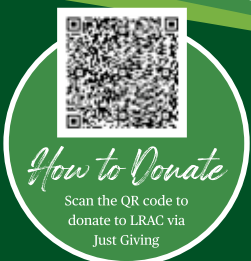
Thank you to the Hungate singers for organising a concert in aid of LRAC and for raising £448 Thank you also to the band Smuggler Jack for donating £250 from their recent event.

The total appeal fund is at £212,661.06



LINCOLNSHIRE RURAL & AGRICULTURAL CHAPLAINCY  
[www.lrac.org.uk](http://www.lrac.org.uk)

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



Rural & Agricultural Chaplaincy

CHARITY NO. 1195180