

Lifelines

AUTUMN 2024

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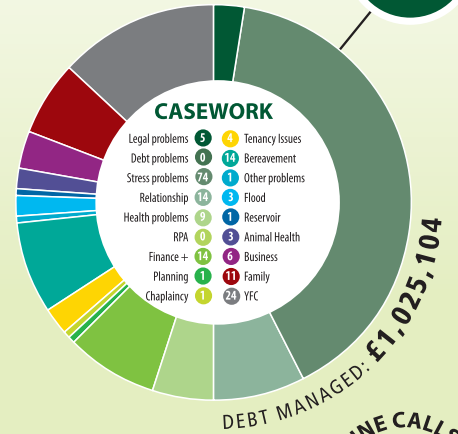
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Statistics

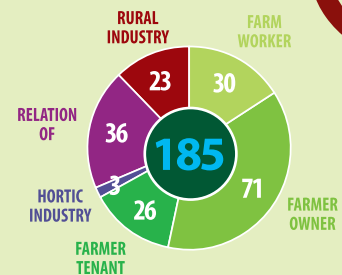
Quarter ending 30/9/24

HELPING
185
FAMILIES



OCCUPATIONS

HELPLINE CALLS
92



Women in Wellies

The Women In Wellies project aims to create opportunities for women in 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 are led by LRSN nurse Rachel, who has almost 20 years' experience working in the NHS within women's health. She offers the chance for a health screening check 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 has been delivering sessions around the county from July this year. Why not come along and join us for one or more of these sessions and start your journey towards improved health and wellbeing.

So far, the Women In Wellies sessions have seen talks from the Peri Meri Menopause Moments Project, relaxed with mindfulness with Sarah Hardy, made sausages at Lincolnshire Cookery School and tasted wine at Mayfield Vineyard to name a few.



New events are being added all the time so visit www.lrsn.co.uk for more information and to book your place.

Go Digital

As you'll no doubt be aware, the cost of postage went up 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** 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.

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.



Consultant Heather Wildman's take on succession.

To succeed is to plan...



My aspiration is to break down the barriers and to help people to approach their succession in a calm, structured way, allowing everyone in the family the opportunity to speak up and to share their hopes and expectations, whilst allowing the retiring generation the reassurance that the business will be well run and managed and that they can retire with dignity, in a place of their choice and be able to live independently of the business.

Thus, releasing the incoming generation allowing them to invest in their business for their family, living and working the hours and the way that they choose to. Investing and preparing for their next generation. This aspiration also covers the wellbeing of the off-farm children, fair does not mean equal and the sooner this can be discussed the simpler it is to resolve and expectations managed.

To have your succession plan in place and shared with your family by the age of 45 or at least by the age of 55 allows you time to plan. You may wish to never leave the business, which is fine, but it is unfair if you do not share this with your family. Having a written plan in place also allows the incoming generation time to prepare, to learn the skills or to possibly leave the business and work elsewhere until the time is right for them to come back home and take over the reins. Having these discussions early gives you the opportunity to hear what your off-farm children wish from the business. If they too wish to come home to the farm is the farm big enough? Can it sustain another family? If not, what opportunities are there? Manage expectations early. Have a plan, share the plan, then get the best professional advice to ensure that the plan can be and is delivered.

There is no right and wrong answer in developing your succession plan; the aim is to provide the best possible outcome for you, your family and your business, but this is easier with a clarity of vision, a robust communication strategy and by building a strong team of professional people around you, with the right skills and who all collaborate in helping you to achieve this vision.

And be honest, is this a life that anyone else would want to continue, what kind of role model have you been? Complaining about conditions and policy,

long hours, joyless, hardworking, little to no time off and being tired and miserable – would anyone genuinely want this or wish this on someone else?

- When do you want to retire and what do you think you will need to live on?
- When do you want to hand over management of the business?
- When do you want to hand over ownership of the business?
- Where do you want to live when you retire?
- What will you do when retired?
- What do you want to leave the non-farming children?
- What is your estate plan?
- What assets (market value) do you own?
- Who owns them (what structures)?
- What are farm assets? What are not?

"The sooner you start the more options ahead you will have. It is never too soon. But it can be too late."

The happiest and most successful family businesses that I have worked with start this process as soon as possible, when everyone is speaking, getting on and before there is conflict. Set and manage expectations from the start. Clarify rules.

This is the most important first step in the succession planning process. You need to open the lines of communication between the generations and among all involved family members. Once the family starts talking, you can all think about your involvement in the future of the business.

Good communication skills help any business perform better. Connecting with your family members and workers in a respectful and constructive manner is essential in developing your succession plan. You might think it's a bit too formal having a written plan but it is essential to avoid misunderstanding or misinterpretations.

What's on

Wragby Young Farmers

Wragby Young Farmers are hosting a coffee morning at Wragby Town Hall in aid of LRSN on Saturday 23 November, 10am – 1pm. This is part of Wragby YFC's 80th Anniversary celebrations and there will be a tombola, raffle and bake sale on the day. All are welcome to come along.

Carrington Village Hall

There is a coffee morning at Carrington Village Hall in aid of LRSN and the Butterfly Hospice, this is taking place on Saturday 16 November, 10am – 1pm. If you are able to go along and support this event, please do. There will be a raffle and a few small stands to look at during the morning. If you would like further information, please call Louise on 07786 864859.

Lincoln Santa Fun Run & Walk

We are super excited to say that we are one of the charities benefitting from the Lincoln Santa Fun Run and Walk this year. The event takes place on Sunday 15 December around uphill Lincoln. If you would like to join us and either run or walk, we'd love to see you there. It will be a fantastic spectacle to see: last year over 1,500 Santas took part. To book your place or for more information visit www.lincolnsantafunrun.co.uk

Hear the Farmers Sing

Rev Alan Robson has once again been working his magic to make things happen, he's been working hard to get Lincolnshire farmers to perform Christmas carols. Pop along to Lincoln to the Bailgate Methodist Church on Sunday 22 December at 3pm and see the first ever Lincolnshire Farmers' Christmas Carol Concert. We have it on good authority that Father Christmas will be making a guest appearance during the event, we're very lucky he has managed to fit it in during his busiest week of the year. For more information please email info@lrsn.co.uk.

Fundraising AND DONATIONS



Helen & Sarah's Thames Path Challenge



Summer 25 Challenge

...with a twist!

Our 25th anniversary celebrations continue with a challenge for you. We know that we said this was a summer challenge but why can't it continue into the autumn?

We love the idea of families and friends joining together to get involved with challenges and activities, so we thought we'd extend the Summer 25 Challenge. There are two challenge sheets available at www.Irsn.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.

Dates for your diary

3 NOV	COUNTY HARVEST FESTIVAL Lincoln Cathedral
25 NOV	FATSTOCK SHOW Louth Livestock Market

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.



Norfolk Farm Vets Tough Mudder Challenge



Alison's London to Paris Cycle



Farm to Talk event



Nathan Lee Memorial Fishing Match

New Volunteers

We would like to welcome some new faces who have joined the volunteering team over the past few months. If you are interested in joining LRSN as a volunteer, please contact lou.gaunt@Irsn.co.uk



Amanda Thompson



Chris Cornish



David Wood



Zoe Henderson



Julian Anyan



William Glasbey



Stephen Hill



Tracey Wright

Thank you



A huge thank you must go to both John Lawson and Richard Green for all their years of support and help on the casework team. John has decided to step down as a caseworker and concentrate on spending more time with his family and Richard plans to travel more with his wife, Sue, now that she has retired. Richard, who has been a caseworker for LRSN for a great many years, almost since LRSN's inception, will still be around to help out with promotional and Health Hut events as and when needed.

Thank you, gents, this isn't goodbye, it's see you soon!



A note from the LRSN Nurses

We turn our focus to ...

Smell & Taste Issues, Salt Awareness and Dry January



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

November focus is Smell & Taste Issues

How good is your sense of smell?

- Your sense of smell is your early warning system for hazards such as gas, smoke and spoiled food.
- Your sense of smell also plays an essential role in your health, wellbeing and safety.

Smell disorders have a great impact on your quality of life such as memories, emotions, pleasures and enjoyment of food and your health and safety.

- ANOSMIA** = absence of sense of smell.
- HYPOSIMIA** = reduced sense of smell.
- PAROSMIA** = distortions of sense of smell, things do not smell as they should.

Causes of smell disorders:

- 70%** sinonasal disorders and allergies.
 - 11%** post-viral loss including covid-19. Smell and taste changes are a prominent symptom of covid-19.
- Other things such as head injury, stroke, epilepsy and Parkinson's.

Taste and smell disorders are closely linked.

AGEUSIA = loss of taste; sweet, sour, bitter, salt and umami.

Causes:

Most common is the ageing process along with medications, chemotherapy, smoking, strokes and epilepsy.

How to stay 'smell safe' at home:

- Gas** fit detectors and get your boiler serviced yearly.
- Fire** fit smoke detectors.
- Food safety** stick to best before dates, label food when open, check for visual signs of going off and ask someone else to check it if not sure.
- Carbon monoxide** this has no smell at all, so we all should have a working carbon monoxide alarm.

Support group www.fifthsense.org.uk

LRSN Clinics 2024/25

LOUTH LIVESTOCK MARKET

4th, 18th & 25th NOVEMBER	2nd & 16th DECEMBER	6th and 20th JANUARY
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SPALDING AUCTION

6th & 20th NOVEMBER	4th & 18th DECEMBER	8th & 22nd JANUARY
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MELTON MOWBRAY MARKET

12th & 27th NOVEMBER	10th & 17th DECEMBER	14th & 29th JANUARY
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December focus is Salt Awareness

What is the problem with salt?

Too much salt intake affects the way your kidneys work, which in turn can lead to raised blood pressure, which then leads to increased risk of heart attack and stroke.

How much salt is too much?

Adults should have LESS than 6g salt/2.5g sodium per day.
6g = 1 level teaspoon.

Children need much less.

A lot = 1.5g or more per 100g portion
A little = 0.3g or less per 100g portion

Where is the salt?

Processed foods = 75% of our dietary salt intake, already in the food. Such as canned soups, takeaways and ready meals.
Bacon, cheese, sausage, ham, pizza and pork pie.
Breakfast cereals, some breads, pastries, salted nuts and crisps.
Ketchup, mustard, some baked beans and pickles and mayonnaise.

How to reduce your salt intake

- Cut down gradually, your taste buds will adjust.
- Add less salt whilst cooking.
- Don't add at the table.
- Be aware of salt content of snacks and processed foods.
- Watch out for cooking sauces and ready-made seasoning.
- Taste your food first and try herbs and pepper instead of salt.
- Cut down bacon, cheese, ready meals and take-aways.
- Try homemade and low salt versions of your favourites.

January focus is Dry January

Give your body and mind a break from alcohol.

The low risk drinking guidelines suggest no more than:

- 14 units of alcohol a week with at least 3 drink free days to give your liver a break.
- Why not try 31 alcohol free days in January to give a break for your liver and total reset for your body and mind?
- If you cannot manage this, try having 2 to 3 consecutive alcohol-free days each week. This will give your liver a chance to recover.

Benefits of Dry January

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

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

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

Some tips include:-

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

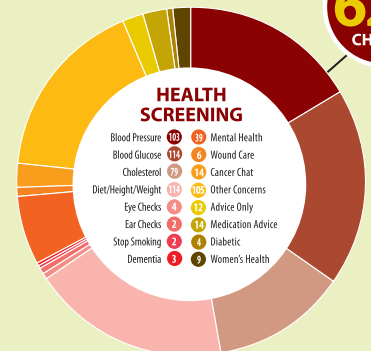
Why not give your new year a great new start?

Statistics

Year to date 30/9/24

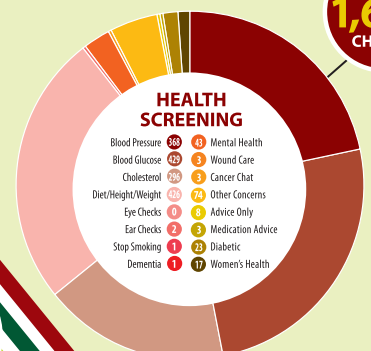
Louth Livestock Market,
Melton Market and
Spalding Auction

HEALTH
624
CHECKS



LRSN Health Hut

HEALTH
1,697
CHECKS



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

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

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

The challenge of the Agricultural Revolution

Here is one crop that won't see any kind of harvest. There are hundreds of hectares of this pollinator wildflower mix all over Lincolnshire.

From next year, farmers will be able to make it part of their crop rotation plans, but this year this 'crop' rescued many an acre from being barren, as so many winter crops failed due to the incessant rain. Notwithstanding the vocation of farmers to grow food, it is a sign of the growing responsibility of farmers to give up their own preferred way of working their land for the good not only of the wider community, but for the well-being of nature. No one should underestimate the change of mind and heart this requires, and with this comes a necessary humility. Imagine being told you cannot work the way you're formed and trained, that you cannot pursue the vision you once shared with your forerunners. Imagine having to cope with the inner turmoil and the new concepts that this revolution demands. Our farmers need compassionate prayers that they may embrace these new challenges and not lose their heart and minds in the midst of this agricultural revolution.



"No one should underestimate the change of mind and heart this requires, and with this comes a necessary humility."

Celebrating Harvest Festival Season



Withern Methodist Church

Revd Canon Alan Robson has been busy with Harvest Festivals. Alan is pictured left at Withern Methodist Church Harvest Festival with those brave enough for a photo. They are lovely people and put on a lovely display.

Lincoln Methodist Circuit

Lincoln Methodist Circuit Harvest festival was held at Moorland Park with Deacon Helen Gardner. (pictured right) John Smith, a farmer from the Lincolnshire Wolds and Andrew Laughton, a beef farmer from Louth and ex-chair of the National Beef Association, spoke excellently about this past year's farming challenges and the central message of food security.



All Saints' Church, Harby with Swinethorpe

All Saints' Church, Harby with Swinethorpe enjoyed their Harvest Festival that Revd Alan presided at and kindly donated the collection of £200. "It was very special and thoughtful and so appropriate for our rural community."



...raising funds to support agricultural chaplaincy



The First Lincolnshire Farmers' Christmas Carol Service

Sunday 22nd December, 3pm, at Bailgate Methodist Church, Lincoln

Spend part of the afternoon in the Bailgate getting those last minute Christmas presents or enjoy the festive atmosphere of historic Bailgate with family and friends then head to the Bailgate Methodist Church for traditional Christmas carols and readings with a visit from Santa Claus. There will be music from Lincoln musicians and singers, with friends from the farming community doing readings and prayers.



Everyone is welcome!

Festival of Chaplaincy & Fundraising Dinner

21st - 23rd March 2025



The Festival of Chaplaincy will celebrate chaplaincies across Greater Lincolnshire, highlighting the pastoral care and support provided across communities.

The dinner is raising funds to support 'Lincolnshire Community Healthcare Chaplaincy', the 'Lincolnshire Rural and Agricultural Chaplaincy' and Lincoln Cathedral. The guest speaker is Sir Jonathan Van-Tam MBE FRCPATH FRSB FMedSci and Master of Ceremonies is John Inverdale.

The Table for the Nation is a stunning 13-metre-long table, made from ancient,

fossilised oak. Created from a section of the nation's most significant tree, a gigantic 5000-year-old Fenland Black Oak, the table is a masterpiece of craftsmanship. Discovered in 2012, the year of Queen Elizabeth II's Diamond Jubilee, on a farm in the Fens of south-west Norfolk, it is now known as the 'Jubilee Oak'. A heritage artefact, the table also has huge symbolic value celebrating communities and sustainability. The Festival of Chaplaincy Dinner is your opportunity to dine at the table.

For further information about sponsorship and/or tickets, please contact...

info@festivalofchaplaincy.co.uk

Lincolnshire County Harvest Festival

Celebrating 50 years of Lincolnshire Federation of Young Farmers Clubs **Sunday 3rd November at 3.45pm** in Lincoln Cathedral. Bishop Stephen Conway will be preaching the Sermon.



Fundraising

Our fundraising total to date is £233,255.90 Thank you to everyone who has donated so far. We are hoping to reach £250,000 by the end of the year.

Thank you to Coningsby Methodist Church for their fundraising for LRAC throughout the year.

Skegness Methodist Church held a coffee morning and raised £188 for LRAC. Thank you for fundraising for us.

Thank you to The Epworth, Scunthorpe and Gainsborough Methodist Circuit for donating £200 to LRAC. "It was decided that the offering would be donated to the Rural and Agricultural Chaplaincy. We know you'll be able to use the money in the work you do to support the farming community. We all live in a rural, farming area and recognise the difficulties farmers face and the support they need."

And we know of several upcoming Harvest Festivals that are very kindly donating their collections to LRAC.

Thank you to LRSN for the amazing ball held at the Epic Centre in June raising money for LAS, LRAC and LRSN.

We appreciate everyone's generous donations this year.

Go to our website

www.lrac.org.uk

and join our email newsletter to keep up to date with activities between newsletters.



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



Rural & Agricultural Chaplaincy