

Lifelines

Let's get the party started

LRSN TURNS 25!

lrsn
25 YEARS
1999 ~ 2024

2024 marks the 25th anniversary of LRSN, with an exciting year of events and activities ahead, we want to invite you to join us in celebrating our milestone anniversary.

LRSN has grown from strength to strength over the past 25 years; in the last financial year alone we helped over 200 families within the agricultural and horticultural communities and allied industries in Lincolnshire.

We would like to celebrate the success of LRSN with our volunteers, friends and supporters over the next 12 months; our first events have already taken place with social get-togethers at the three market clinic venues, in January's Farmhouse Breakfast Week. Our aim for our celebrations is not just about jollification with those who already know who we are and what we do, we want to take this opportunity to spread the word about LRSN and ensure that anyone who might need our support knows who we are and how we can help if needed. It's about growing and developing our volunteer force so that we have the right skills to support the community to build resilience against potential difficulties.

Watch our social media for more information about how you can get involved in the celebrations. Perhaps your business could run

an event or a fundraiser or maybe you would like to attend one of the activities already planned?

We will be hosting two Pie and Mash Suppers on Friday 23 February; both are free to attend however you will need to book your place to ensure you get your pie. The Pie and Mash Suppers will be held at The Blacksmiths Arms, Rothwell in the north and The Wishing Well Inn, Bourne in the south of the county. Both events will be happening at the same time so make sure you specify where you would like to go. To book a place either email sarah.poucher@lrsn.co.uk or call 07738 741150.

We'd love to see you there!

Pencil these dates in your diary...

- Quiz Night – Thursday 21 March**
- Farm Walk – Thursday 25 April**

WINTER 2023

This issue kindly sponsored by

Smailes Goldie Group
CREATING ADVANTAGE

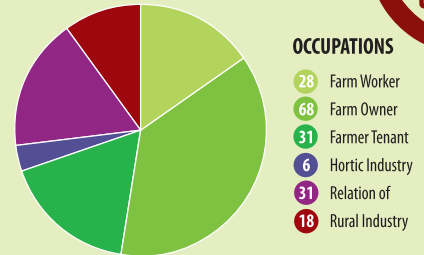
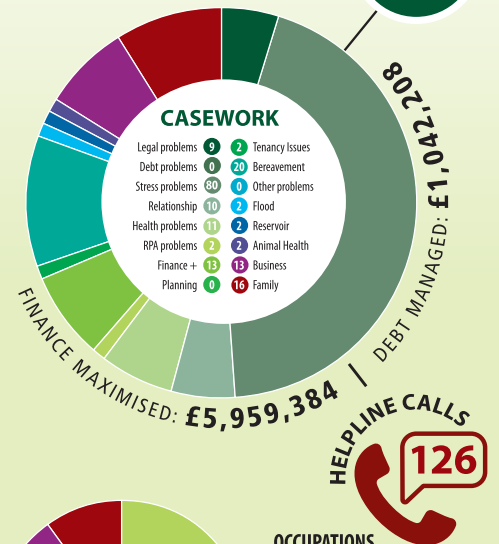
a leading firm of Chartered Accountants, Tax and Business Advisors who specialise in Agriculture and Landed Estates

www.smailesgoldie.co.uk

Statistics

Year to date 31/12/23

HELPING
182
FAMILIES



EXCITING NEWS

... as it's our 25th Year and there is so much happening, we would like to introduce our brand new monthly E Newsletter, we will be sending this out in addition to our quarterly newsletter and only to those who are registered to receive emails from us. If you want to know what is going on with the LRSN team on a more regular basis, please register your interest by emailing

info@lrsn.co.uk

Dates for your diary 2024

23
FEB

Pie & Mash Suppers
Wishing Well Inn, Dyke, Bourne & The Blacksmiths Arms, Rothwell

22
JUN

RURAL CHARITIES BALL
Lincolnshire Showground

17
MAY

LRSN & Woldmarsh GOLF DAY
Elsham Golf Club

9
OCT

LRSN AGM & CHARITY AUCTION
Lincolnshire Showground

Chairman's Drinks Reception & Charity Auction

Wow! What a night we had at our Chairman's Drinks Reception and Charity Auction! Hosted at the Epic Centre in October, there were over 200 people in attendance, all of them ready to raise their hands and place a bid on one of the fantastic range of auction lots available.

The auctioneer for the evening, Will Barker, did a sterling job of encouraging people to get involved and kept the room alive with his wit and banter: just when we thought the gavel was going down, he'd find another bid somewhere in the room. A huge thank you to everyone involved, from those who made bids to those who donated the lots. It really made for an entertaining evening.

Our brilliant nurses organised another fantastic raffle and our team of volunteers sprung into action manning the bar, handing out the supper boxes, showing guests to their seats, and anything else that was required to make the evening run like a well-oiled machine. We cannot thank the extended LRSN family enough for making the evening the great success that it was. We raised over £14,000, which will go towards supporting our agricultural and horticultural communities in Lincolnshire.



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.



Fundraising

Deeping Ploughing Match

It was unfortunate due to the weather that the Deeping Ploughing Match had to be cancelled in 2023, however the organisers were still able to donate £2,000 to LRSN for which we are very grateful. Nurse Heather and Alison went to meet the ploughing match committee to collect the cheque.

Deer Stalking Raffle at Scrivelsby

Huge thanks to Matthew Thompson who has raised a total of £1,250 with a deer stalking raffle on the Scrivelsby Estate.

Fantastic Donations

We are grateful to both Bourne and Fen Farmers Training Group and Baston Show who have donated £3,089 and £2,000 respectively.

Charity Bulb Sale

Thanks go to Claire Taylor who donated £3,298 following her charity bulb sale, someone somewhere is going to be having some beautiful flowers emerging this spring.

Harvest Festival Donations

We would also like to thank NFU Mutual Spalding, Fisher German, Swallowbeck Methodist Church, the numerous PCCs for harvest festival donations and all the families and friends who've donated at the many county funerals in memory of their loved ones.

Our Condolences

Francis Dymoke

It is with regret that we have to inform you of the passing of our Patron, Francis Dymoke. Francis became an LRSN Patron in 2015 and was a great supporter of the charity. We would like to send our condolences and best wishes to Francis' wife Gail and all the family. Francis' memorial took place at Lincoln Cathedral on Thursday 18 January. We will pay tribute to Francis in our Spring newsletter.

Fiona Creasey

Our thoughts are also with the family of Fiona Creasey, wife of David who was one of our founding trustees. Fiona passed away in December and will be remembered by many as David's soulmate and right-hand woman.

LRSN AND WOLDMARSH

Charity Golf Day

Once again, we are teaming up with Woldmarsh Producers Ltd for our annual golf day. This year we will be holding the event at Elsham Golf Club on Friday 17 May.



If you are interested in entering a team or sponsoring part of the event, please email sarah.poucher@lrsn.co.uk

Collingham YFC's fundraising year for LRSN

We would like to say a huge thank you to the members of Collingham YFC who nominated LRSN as their charity of the year last year and raised an incredible £2,000 from their activities.



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



Lincolnshire Harvest Festival

It was wonderful to see so many people at the County Harvest Festival in October, we had the most wonderful display of produce thanks to Staples Vegetables Ltd, Jack Buck Farms, Strawson's Farming, The Spud Barn and Branston Ltd.

Rev Canon Alan Robson led the team made up of members of LRSN, NFU and Lincolnshire YFC to carry the baskets of produce to the altar where thanks were given for Lincolnshire's bountiful harvest. Following the service, delicious cupcakes provided by The Witham Group were served in the Chapter House. Thank you to everyone involved in making the service such a memorable occasion.



Rural Charities Ball

Join us at the Rural Charities Summer Ball on Saturday 22 June at the Epic Centre, Lincolnshire Showground and enjoy a wonderful evening's entertainment whilst helping to raise much needed funds and awareness of Lincolnshire's three rural charities: LRSN, Lincolnshire Agricultural Society and Lincolnshire Rural & Agricultural Chaplaincy (LRAC).

The evening is a celebration of Lincolnshire's resilience and fortitude, and we will be celebrating the 25th anniversary of LRSN's support for Lincolnshire's agricultural and horticultural communities and marking the equally important milestone of 25 years of Alan Robson's chaplaincy, together with the Lincolnshire Agricultural Society. The Summer Ball recognises the valuable contribution of agriculture and horticulture to Lincolnshire and the vital support these three

charities have provided to our communities over the years.

Guests will be guaranteed a magnificent meal packed full of Lincolnshire produce, together with fantastic live music from Lincolnshire based The Rumble Band, a 13-piece soul and Motown dance band, one of the top 60s-style soul bands in the UK today. The Rumble Band, together with appearances throughout the night by DJ Blackgrass, will ensure that the dance floor sways to the music all night long.

Tables of ten can be purchased for £850 until 1 April, after which the price will rise to £950, so book early! For more information visit the LRSN website or email della@davidarmstrongfarms.co.uk

Welcome Lou!

2024 sees a new addition to the LRSN team, Lou Gaunt joins us as our Charity Support Officer.

Lou will be working alongside current Charity Support Manager, Alison Pratt until the end of March when Alison will be retiring after five and a half years working for LRSN. Please join us in welcoming Lou to the team.



LOU GAUNT

A note from the LRSN Nurses

We turn our focus to ... Time to Talk, Smoking Awareness & Vitamin D

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

February is 'Time to Talk' focus month

'Time to Talk' focus month is the perfect opportunity to start a conversation about mental health issues. The focus is all about creating a supportive community by having conversations about mental health with your family, friends and colleagues.

We all have mental health, or ill-health and by talking about it we can support ourselves and others. Never underestimate the power of making time to talk and listen to others.

One in four of us will experience a mental health problem in any given year. Sometimes it is easier to tell people that 'we are fine' than it is to say how we really feel. Talking about mental health issues reduces stigma and develops understanding. By creating a supportive community where we can talk openly about mental health, helps us all to feel empowered and more confident to seek help when we need it.

Talking Tips

- Ask open questions and listen to the replies. Don't be judgemental or ask leading questions and show you care about how they are feeling. Try 'how does that affect you?'
- Think about the time and the place to talk. Try to chat over a cuppa or go for a walk, chatting side by side is often easier than face to face.
- Don't try to fix it. Just talking and listening can be really powerful. Resist the urge to offer quick fixes and advice unless specifically asked for it.
- Treat them the same. When someone opens up about their mental health, don't treat them any differently. Do the same things you normally do together to support them. No need to be an expert, just being there means a lot.
- Be patient. It may take several attempts to be able to open up about mental health issues. The fact you have tried to talk may make it easier for them another time.

LRSN Clinics

LOUTH LIVESTOCK MARKET

5th and 19th February 2024
4th and 18th March 2024
5th and 19th April 2024

SPALDING AUCTION

7th and 21st February 2024
6th and 21st March 2024
3rd, 17th and 22nd April 2024

MELTON MOWBRAY MARKET

13th and 28th February 2024
12th and 27th March 2024
9th and 24th April 2024

March is 'Smoking Awareness' focus month

The benefits of stopping smoking are:

- Increase the chances of a longer and healthier life, living it to the full.
- Reduce the risks of heart disease, stroke, vascular disease, respiratory disease and various cancers.
- Reduce the risk of dementia developing.
- Save money, smell sweeter and taste your food properly.
- Health benefits include: pulse returns to normal, carbon monoxide in your blood decreases and the oxygen levels increase. Your lung function will improve and your risk of heart disease is cut by 50% within one year.
- Prevents harm to others from second hand smoke.

Within 20 minutes of your last cigarette your body begins to heal. Recovery from nicotine addiction is a process, it takes as long as it takes. Give yourself time and space to heal fully.

Ten steps to stopping smoking

1. Pick a quit date
2. Make a list of why you want to stop
3. Build a support network
4. Remove any reminders
5. Use stop smoking services
6. Try nicotine replacement therapy
7. Start moving more
8. Avoid trigger situations
9. Practise saying 'no'
10. Treat yourself

It is never too late to stop smoking. Remember, stopping smoking is the single best thing you can do to improve your health.

April is 'Vitamin D' focus month

What does Vitamin D do?

It regulates calcium and phosphate levels in the body and keeps bones, teeth and muscles healthy. Lack of Vitamin D leads to bone deformities in children and bone pain, osteoporosis and bone softening in adults.

How is it made?

It is made in the skin from exposure to direct sunlight. In the UK we should have enough sunlight between April and September but not enough in the winter months. Daily supplements of 10 mcg are recommended for the UK population during the winter. There are some food sources such as oily fish, red meat, liver, egg yolks, fortified foods and supplements.

What are the symptoms of deficiency?

General tiredness, vague aches and pains, severe bone pains, muscle weakness, problems standing and climbing stairs, back, hip, pelvis, thigh and feet pains.

Who is most at risk?

Age 65 and over, low sunshine exposure, frail and housebound, live in care facilities, wear clothes that cover most of the skin, strict vegan and vegetarians or non-fish eaters, those with a mal-absorption disorder and dark-skinned folk.

How can it be treated?

With tablets, liquids or injections of Vitamin D. It can take many months for bones to recover.

How much sunlight is needed to prevent deficiency?

Fair skinned people need 20 to 30 mins of direct sunlight on their faces and forearms without sunscreen. The middle of the day is best, two or three times a week. Bear in mind that too much sun can be damaging to our skin. Also, darker skinned people may need a longer exposure to the sun to get the same benefits.

Windows block the sun's rays and thus its benefits.

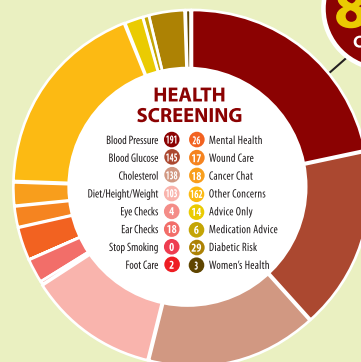
Farmers in tractor cabs all summer, all day, are therefore still at risk of Vitamin D deficiency despite having an 'outside job'!

Statistics

Year to date 31 / 12 / 23

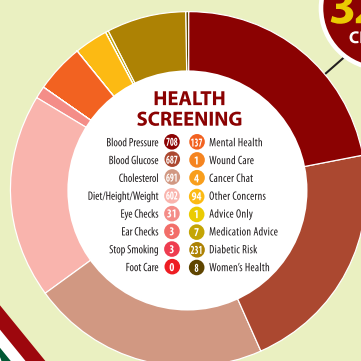
Louth Livestock Market, Melton Market and Spalding Auction

HEALTH
876
CHECKS



LRSN Health Hut

HEALTH
3208
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
@Lincsruralhelp
Company Reg No 07182183
Reg Charity No 1137678

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

Celebrating 25 years of Rev Alan Robson's service to the agricultural community

...and raising funds to secure the next
25 years of a chaplaincy service

Help us celebrate over the next year, by joining in our calendar of events or hold an event of your own. All funds raised will ensure that this vital service can continue.

Alan's story

Alan began his chaplaincy work in summer 1999, taking over from the first Agricultural Chaplain, Rev Dr Gordon Gatward. Inducted formally at Riseholme Agricultural College, he started 'cold calling' dozens of farmers across the county. Within weeks, the Lincolnshire Farmers Support Group emerged to practically support his Chaplaincy care, soon changing into the Lincolnshire Rural Support Network. In 2009, Alan was gifted a donation of £10,000 which was used to fund the first part-time nurses and health screening service at Louth Market - a service which has now expanded to Spalding horticultural auction, Melton Mowbray livestock market and the current LRSN mobile 'Health Hut'. His influence secured the first Primary Care Trust contract. LRSN has grown and diversified from those pioneering days but

Alan remains a significant contributor to the spiritual and pastoral care for farming individuals and families supporting over 70 last year. Chaplains go where others can't, and the chaplaincy service, at the heart of LRSN, continues to provide a unique contribution.

Setting up LRSN was very timely ahead of the catastrophic spread of foot and mouth disease. As a result of these experiences, Alan enrolled on a Masters degree in Trauma and Disaster Management. One



**Alan's post is at risk and he now needs your support.
Please join in our celebrations and fund-raising activities.**



of the modules resulted in an idea to create a physical building provisionally called the 'Lincolnshire Life Centre' - an environmental building to house multi-disciplinary events. Using his connections and network of contacts as a catalyst for the project, this became the EPIC Centre on the Lincolnshire Showground (Environment, People, Innovation and Co-operation).

The Lincolnshire Agricultural Society connection continued with Alan appointed as Honorary Chaplain to the show society, and contributor to the education committee, helping source the funds for the pivotal appointment of the LAS education development officer. For almost 40 years, he has been a member and Chair of school governing bodies connecting education and rural life.

Championing farming folk, Alan is a regular contributor and spokesperson on farming issues. Helping the resilience forum during the Wainfleet flooding, chairing the TB round table discussion, informing the Church on agricultural issues, the independence of the rural chaplain has been invaluable in shining a light on key issues in the community.

A full and productive ministry touching on many areas of Lincolnshire life not least preaching and responsibility for Methodist churches.

This is a summary of an article on our website www.lrac.org.uk

...raising funds to support agricultural chaplaincy

Save the dates

Join us to celebrate or hold an event of your own



Open Afternoon at The Old Rectory Epworth

SATURDAY 13TH APRIL 2PM

Hosted by Revd Angy Long, Methodist Chair of the Lincolnshire District. An opportunity to look around the house and gardens and to learn more about the life of the Wesley family.

Followed by a delicious high tea celebrating rural chaplaincy in Greater Lincolnshire.

Booking essential as numbers restricted.



#GetActiveforAlan

Can we collectively walk/run/jog 1000 miles to support Alan during May and June? Raise some vital funds for the Lincolnshire Rural and Agricultural Chaplaincy fundraising campaign, while getting active to improve your physical and mental health?

Would you prefer to join a pre-organised walk? Meryl Ward will be walking the Viking Way from Barton on Humber in the North down to Rutland Water in the South

From 29TH APRIL to 10TH MAY

Full details at www.lrac.org.uk
Please share your walks and miles on Twitter @LRACHaplains and LincsRuralAgriculturalChaplaincy on Facebook.



19th & 20th June

Meet the Chaplains at the Lincs Show

22nd June

Lincolnshire Rural Charities Ball

...raising funds for LRSN, LAS and LRAC



3rd November

Lincs County Harvest Festival

at Lincoln Cathedral

December 2024

Rural & Agricultural Chaplaincy Carol Service

(see website for information)

The first Festival of Chaplaincy

at Lincoln Cathedral

Friday 21st March to Sunday 23rd March 2025



Joining with chaplaincies from all areas of county life to celebrate with a spectacular evening in the Cathedral Nave on Friday 21st March, exhibitions of chaplaincy work over the weekend and a special service of thanksgiving on Sunday 23rd March 2025.

Ongoing updates of all events on the Lincolnshire Rural and Agricultural Chaplaincy website

Fundraising Update

Making good progress towards our goal!

Our thanks to the History of Farming film night held by Louth Methodist Church which raised over £300 and the County Harvest Festival which raised nearly £350, and many other private donations. **Our fund now stands at over £166,000.**

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 or visit our 'How to donate page' on the website www.lrac.org.uk



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. 1195130

LINCOLNSHIRE
Rural & Agricultural
Chaplaincy