

Staying Safe at Home



community
Lincs
PART OF YMCA LINCOLNSHIRE

TED is funded by The National Lottery
Community Fund and is managed by
Community Lincs, part of YMCA Lincolnshire

A Reminder: What we've been asked to do

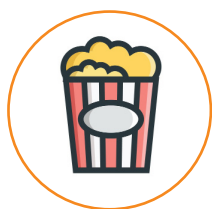
Current Government advice to help protect ourselves and our community:



You can spend time outdoors, including private gardens and other outdoor spaces, in groups of up to six people from different households, following social distancing guidelines.



You should go to work if you cannot work from home and your business has not been required to close by law.



You will be able to visit more shops and additional outdoor attractions - drive-in cinemas and animal attractions like zoos, farms and safari parks.



You can attend a place of worship for individual prayer.



You can form a 'support bubble' with one other household if you live alone or are a single parent with dependent children - in other words, you are in a household where there is only one adult.

You will have to wear a face covering on public transport and in shops



You can stay overnight away from home with your household or support bubble or with members of one other household

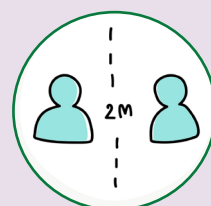


We should follow these three simple steps to help protect ourselves and our community:

Wash your hands with hot water and soap more often, for 20 seconds each time.



Keep a minimum of two metres (six feet) apart from anyone outside your household or bubble.



Carry tissues with you to catch any coughs and sneezes, and throw them away after.



Please visit **Gov.uk** for regular updates

Well-being Advice: Balancing the new 'normal'

7 simple tips to tackle working from home

It's fair to say that because of the Coronavirus restrictions it is making it much harder to work as we usually would. We have had to adapt our lifestyles and the environments we are working in.

There are some perks to working from home, for example, no more stressful commuting. But it also creates its own challenges. These are often in the form of stress, boredom or anxiety for the future job prospects, many individuals/families are also juggling working from home and looking after their children at the same time.

Hopefully these 7 simple tips can help you adjust to working from home, and create a more productive environment while also looking after your own mental health.

1. Create Your Own Routine.

Many of us are used to structured days while working, but being at home can blur some of the lines between personal and professional.

Try to follow your normal work day pattern, as consistently as you can - Get up at the same time, eat breakfast and get dressed. Maybe use your 'commute time' for exercising, reading or listening to music.

Focus on work during your usual working hours, but make sure you stop when your work day ends. Shut your emails, log off and put your work related items away. Then spend your evening focussing on your home life, and at the end of the day, try to sleep at your usual time.



2. Make a Dedicated Work Space.

When we are living and working in the same space, it can reduce our focus. If you can find a quiet space away from other people and distractions such as the TV, it can help improve your concentration.

Try getting everything you need in one place before you start working and then shutting the door (if you can). It will help create a dedicated space.

Lastly, make sure you are comfortable. Try not to get tempted to work on the sofa, but sit at a table or desk. If you don't have access to office furniture, try using things like cushions to support you in your chair or a box as a foot rest.

Well-being Advice: Balancing the new 'normal'

3. Give Yourself a Break

Working from home can make us feel we have more time than normal, but just feeling 'present' is not useful if your mental health is suffering.

Make time for dedicated breaks to help manage feelings of stress. Try to take your lunch and breaks away from the screen. Having time away to concentrate on something new, will help you feel more focused when you return.

Working from home means you might be spending a lot more time not moving your body. If you start feeling stiff or tense, try doing some light stretches or exercise to help your mood.

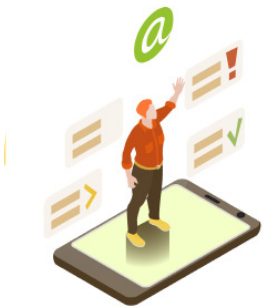


4. Stay Connected.

Feeling isolated is normal right now, but there are lots of ways to stay in touch with those who are special to you.

In and out of work, interactions with other people matter. Scheduling video calls and calling instead of sending emails will help you feel more connected.

Remember, your colleagues probably feel the same as you do! Ask how they're doing and what ways you can support each other. Try to make time for a virtual socialise, like a group coffee break that you would normally have in the office together.

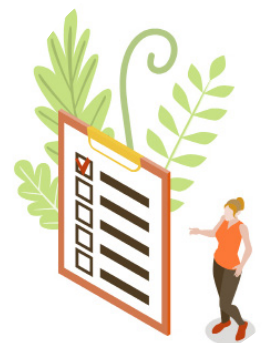


5. Set Boundaries

Setting boundaries with the other members of your household is a key part of looking after your mental wellbeing while working from home.

You can be more flexible when working from home, so enjoy it. But it can also cause distractions such as looking after children at home, who may think of 'no school' as 'holiday time'.

Have a discussion about your needs, especially with family. Help by reminding them you still have a work schedule to follow and you might require them to be quieter at times.



Well-being Advice: Balancing the new 'normal'



6. Start Thinking of Longer Term.

You may be continuing to work from home for a while, so start to think about ways you could improve your work-home balance.

If you have a garden or access to private outside areas, could you use that when the weather is good?

Are there items from the office that you could discuss collecting and using at home, such as a specialist keyboard or mouse?

Try to explore how you work with your colleagues, are there new or different ways to communicate or new software you could utilise?

7. Be Kind to Yourself.

Remember that this is an unusual situation and although things will not feel normal, you are not alone.

Be kind to yourself and acknowledge that you might not be as productive as you would usually be in the office environment. Be realistic about what you can achieve given the circumstances.

But most importantly, remember to relax and unwind when your work day is done. Find something that you can enjoy doing to focus your mind on something different during those evening hours.



If you start to feel overwhelmed while working, some simple breathing exercises may be able to help:

1. Sit or lie down in a way that you feel comfortable.
2. Take a deep breath in and hold it, at the same time raising and tightening your shoulders, and clenching your fists.
3. Count slowly to five as you breathe out.
4. Do this several times.



Well-being Advice: Helpful Organisations

Lincs Digital

Lincs Digital usually offer digital learning sessions at community venues across East Lindsey. During the current times, learning materials are available online, with tutor support available by appointment via phone, email and video allowing learning from home.

How to Guides have been provided on the TED website – WhatsApp, Zoom, Skype, internet, emails. Further resources are available on Lincs Digital Website. We are also able to offer online courses with support, for job related skills and those looking to improve their essential digital skills. The learning materials and support are all provided free of charge.

Take the opportunity to learn something new.



Facebook: @lincsdigital.org

Twitter: @Lincsdigital1

Phone: 07833 151469

Email: projectmanager@lincsdigital.org.uk

<https://lincsdigital.org.uk/>

- NHS Apps
- Online prescription ordering
- Online shopping
- Keeping in touch with friends and family
- Online banking
- Social Media
- Housing registration support
- Online Safety
- Benefits of using Amazon Alexa
- Many other online courses available free of charge



Open weekdays 9am-4pm

Phone: 01507 524242

Email: info@ageuklindsey.co.uk.

<https://www.ageuk.org.uk/lindsey/our-services/befriending/>

Age UK Lindsey

Age UK Lindsey are offering information and advice regarding help with benefits, advice on social care and housing as well as signposting to local services, including support with form filling.

They are delivering befriending calls, and where appropriate sending letters to those with hearing impairments. New referrals are welcomed during this time.

Alongside, they are currently providing wellbeing calls to all of their regular clients such as those who attended their Lunch Clubs, to ensure that they are receiving the support that they need to stay safe and well during this difficult time.

Well-being Advice: Helpful Organisations

Connect to Support Lincolnshire

Connect to Support are a directory of key services and information across Lincolnshire. They offer an online, telephone, email and live chat service.

For information about Coronavirus (Covid-19) community support in your area please see their dedicated Coronavirus Support Page.



Phone: 0300 303 8789

Live chat are available Monday to Friday 2pm – 7pm

Email: Lincs2Advice@ageuklsl.org.uk

www.connecttosupport.org



Lincolnshire Partnership
NHS Foundation Trust

Phone: 0800 001 4331 (open 24/7)

NHS Mental Health and Emotional Support Helpline

The helpline is for people 18+ years old. If you're feeling low, anxious or stressed and you think that talking to another person may help you cope you can call the new mental health helpline in Lincolnshire which is open 24/7.

You won't be judged, so if you need to talk, call anytime of the day or night.

Carers First

If you need some support, or you just want to contact us for a chat, our team are available to talk and find the help you need. Our Carers Hub still remains open and you are welcome to contact us on the number on the right.

Our community team have collated a wealth of local information during this challenging time and are ready to help and will make contact with those who request support either by phone or video chat.



Carers FIRST
FIRST Choice for Carers

Live web chat available Monday, Thursday and Friday 8.30am-3.30pm and every Wednesday 6pm-8pm

Phone: 0300 303 1555

Email: hello@carersfirst.org.uk

<https://www.carersfirst.org.uk/lincolnshire/coronavirus-covid-19>

Well-being Advice: Helpful Organisations

citizens
advice

Lindsey

Adviceline: 0300 3309 034

Consumer service: 0808 223 1133

Help To Claim (Universal credit support): 0800 144 8 444

Webchat: citizensadvice.org.uk

Citizens Advice Lindsey

We provide free, confidential and impartial advice and campaign on big issues affecting people's lives. Our goal is to help everyone find a way forward, whatever problem they face.

Telephone advice is available Monday to Friday from 9am till 5pm. We offer advice around help with Benefits, Debts, Consumer issues, Employment and more. Referrals can be made through the ConnectTED helpline which is included in this booklet, or please contact the Advice-line on the numbers to the left.

Magna Vitae

Magna Vitae have worked with East Lindsey District Council to develop a website, content and links for the widest possible benefit to our local communities.

The website includes information on nutritional, physical and financial advice. Along with relevant organisations working in East Lindsey during the Coronavirus Pandemic.

The award winning Still Me project, funded by Louth and District Hospice Limited, delivers free cultural, physical, and social activity sessions aimed at improving the experiences of those affected by Dementia and other life-altering conditions.

While we experience the restrictions of Covid-19, support is available by contacting staff by phone, online and through our Facebook page 'Magna Vitae Community'.

The TED Projects

CHAPS (Community Health Activity Project) are offering well-being calls to their session members and are also running online sporting knowledge and sporting nostalgia quizzes. They are sharing the Sporting Pinks newsletter from Sporting Memories Foundation which you can find sign up details on their Facebook page. Our Sporting memories sessions can be done over telephone sessions (via phone conference) or zoom.

Fitness, Food and Friends have been **creating online cooking**, nutrition and exercise videos along with offering well-being calls. They are holding a social media campaign around 'Tasty Tuesday', 'Well-being Wednesday' and 'Throwback Thursday'.



Facebook: @magnavitae

Twitter: @MagnaVitae

<https://magnavitae.org/inthistogether/>

Email: info@mvtlc.org

Still Me:

Open weekdays 9am-5pm

Phone: 01507 681816

Email: tracey.wilkinson@mvtlc.org

Well-being Advice: Good Neighbour Schemes

Good Neighbour Scheme

Good Neighbour Schemes are run by local volunteers who provide day to day support for other residents who may need help on an occasional or more frequent basis. For older people, this support may enable them to live independently in their own homes and communities for longer and reduce feelings of isolation and loneliness.

Good Neighbour Schemes respond to the needs of local people by providing help with activities such as:



- Befriending, home visiting, companionship, someone to go to social events with
- Dog walking and caring for pets during holiday or illness
- Errands and shopping
- Filling in forms, writing letters, reading and help to use computers and the internet
- Gardening
- Giving lifts to a GP surgery, clinic, hospital, Day Centre, other appointments
- Household tasks including tuning televisions, changing light bulbs and smoke alarms
- Moving furniture, taking down and hanging curtains and pictures

Phone: 01529 302466

Email: gns@lincsymca.co.uk

The Old Mart, Church Lane, Sleaford, NG34 7DF

<https://communitylincs.com/individuals/making-connections/good-neighbours-schemes-helping-community/>



Community Spirit Heckington

The Community Spirit Good Neighbour Scheme covers the Heckington and Great Hale area.

Phone: 07469 926286.

Email: office.communityspirit@gmail.com.

Well-being Advice: Good Neighbour Schemes

Gosberton and Quadring

We hope to achieve short-term support for people in need when they have nowhere else to turn. But there is the possibility of long-term care.

Facebook: <http://gggn.org.uk/wp/>

Phone: 07808 326511



Hogsthorpe Good Neighbours Scheme

Email: HogsthorpeGNS@hotmail.com

Tel. 01754 483453

Linkwell

A volunteer-run Community Good Neighbour Scheme currently serving Aslackby, Billingborough, Dowsby, Horbling, Laughton, Spanby, Pointon, Folkingham and Threkingham.

Phone: 07731678242.

Facebook: <https://tinyurl.com/y2y4l4np>



Mablethorpe

We hope to achieve short-term support for people in need when they have nowhere else to turn. Covers Mablethorpe, Sutton on Sea and Trusthorpe

Phone: 07429 500255

Email: mablethorpeandsuttongng@outlook.com

Well-being Advice: Good Neighbour Schemes

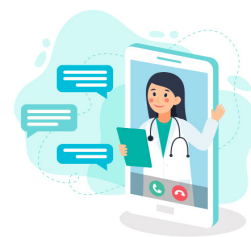
Saxilby and Ingleby (SIGNS)

We use local volunteers to provide help for anyone in the community with household tasks like, companionship, practical support following illness, form filling, and more.

Phone: 01522 275015

Email: info@signs-gns.org.uk

Website: www.signs-gns.org.uk



Spilsby

Covers Spilsby, plus the 42 villages in the PE23 postcode. The Scheme matches area residents who may need help with various tasks with volunteers who may be able to help.

Contact: SpGNS@gmail.com

Phone: 07716 127186

Springline

This provides support for adults living in Fillingham, Ingham, Cammeringham, Brattleby, Aisthorpe, Scampton, North Carlton, South Carlton, Thorpe in the fallows, Burton and Burton Waters

Phone: 01522 412999

Email: springlinegns@gmail.com.

<http://www.springlinegns.org.uk>



Swineshead Friends

Covering the parish of Swineshead

Phone: 01205 331522

Well-being Advice: ConnectED Together

ConnectED Together

The ConnectED service currently offers:

- A phone befriending service across Lincolnshire
- Signposting to other agencies
- Emailed fortnightly packs featuring news, reviews, quizzes, short stories, and recipes
- Campaigns that include the KnitTED Together campaign



We are asking people to join our KnitTED Together Yarn Bomb, and to help us make our communities brighter places to be. Yarn bombing goes by a variety of names; yarnstorming, guerrilla knitting/crocheting, urban knitting/crocheting, and graffiti knitting/crocheting. Yarn bombing is a type of street art or graffiti and the main motivation is to bring life, warmth, and a feeling of belonging and community to where you live.

If this is something you are interested in then please feel free to decorate your home and gardens with knitted items or patterns. The KnitTED Together Community Action Campaign is not just for experienced knitters, if you have never picked up needles before please think about having a go!

We at TED would love to see what you have been crafting, so please send pictures through to ted@lincsymca.co.uk and we will be posting your hard work on our website and social media to show how the East Lindsey Community is ConnectED Together.



To access any of these services, please call us on one of the following numbers: (pick the area closest to you)

Wider Lincolnshire - 01529 301965

Binbrook and Louth - 01529 301965

Chapel St Leonards and Alford - 01529 301973

Mablethorpe and Sutton-on-Sea - 01529 301961

Skegness and Ingoldmells - 01529 301966

Wainfleet and Spilsby - 01529 301970

Wragby, Horncastle and Woodhall Spa - 01529 301951

Well-being Advice: Staying Physically Active at Home

Why be active at home?

Keeping active is good for both our physical and mental wellbeing. Ideally we should be exercising 2-3 times a week. This is why we should all try to stay moving regularly, including exercises to help your body stay strong and steady.

This particularly applies to those of us who have pre-existing health conditions or are older. Due to the Coronavirus we are all staying at home more, so it is important that we find ways to regularly build activity into our days.



Over the next few months, you may have health and social care appointments cancelled or delayed. If you are waiting for treatment, being active is one of the best things you can do to look after your health, as part of living a healthy lifestyle. Being active at a level that feels comfortable is unlikely to make your health worse; in fact it can help to manage many health conditions.

Exercise can help with:

- Keeping your spirits up
- Getting a goodnight's sleep
- Staying independent
- Staying a healthy weight
- Prevent many health conditions from worsening
- Reduce risk of trips and falls
- Keep you steady on your feet
- Keep your bowels regular
- Reduce risk of heart attacks, strokes, diabetes and some cancers.

Health Checks Before Exercise

There are a few small steps you can take to help reduce the chance of problems occurring when you are exercising in and around the home.

Most people can exercise without speaking to a doctor first, especially if their medical conditions are under control. However, if you get any additional symptoms from a heart, kidney or metabolic condition you should phone your healthcare professional to check before you start exercising.



Well-being Advice: Staying Physically Active at Home

Your Check List

1. Prepare your exercise space by clearing away unnecessary clutter
2. Keep something sturdy and solid nearby for support (for example a kitchen work surface)
3. Have a glass of water ready to sip as you exercise
4. Wear well-fitting, supportive shoes that are done up, and comfortable clothing
5. If you are exercising on your own, keep a telephone nearby, just in case you need it
6. Set the pace, start exercise at a level that you find easy and build up gradually
7. If you experience acute pain anywhere or dizziness then stop and rest
8. It is common for muscles to feel a bit stiff for a few days after you have used them - this is a normal response and shows that your body is responding to the increased movement

Ways to Add Activity in Your Life

Here are some suggestions of actions you can do to try to avoid any long periods of inactivity and find ways to build movement into your daily routine. Any movement is good, particularly if it makes you feel a little bit warm and makes you breathe a little faster.

Here are some ideas of ways to stay active at home:

Aerobic Exercise

Any activity that warms you up and increases your breathing rate:

Going up and down stairs



Gardening



Dancing



Breaking up seated time

Options of activities you can do to break up periods of sitting still:

Cleaning round the house



Stretching or standing in a TV break or the end of a book chapter

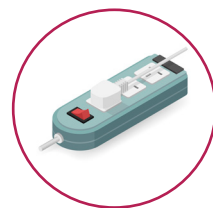


Well-being Advice: Keeping Safe at Home

How to stay safe at home

While you are spending longer in your homes, there are a couple of ways to maximise your own safety, reducing the risks of trips and falls.

- Use a nightlight in the bedroom or on the landing, and a bedside light or a torch by the bed in case you need to get up in the night
- When you first wake up, sit on the edge of the bed and do a few seconds of marching with the legs to get the blood flowing. This will reduce your chance of dizziness when you stand up
- Keep all stairs and steps free of clutter
- Keep floors clear of trailing wires, wrinkled or fraying rugs and carpets, or anything else you might trip or slip on
- Keep active – strength and balance exercises have the best effect for making you steadier on your feet
- Stand up slowly if you have been sitting for a while, and count to 10 before setting off



Trips and Falls Advice

Although anyone can have a trip or fall, older people are generally more vulnerable and therefore more likely to fall, especially if they have a pre-existing long-term health condition.

Falls are a fairly common, but often overlooked, cause of injuries at home. Around 1 in 3 adults over 65 who live at home will have at least one fall a year, and about half of these will have more frequent falls.

If you do have a fall, lie still for a minute, try to stay calm and check yourself for injuries. If you know you can't get up, or feel pain in your hip or back, then try to call for help using your phone or pendant alarm, or by banging on radiators or walls until help arrives.

Try to keep warm by covering yourself with whatever is close by, keep moving your limbs and roll from side to side if you are able to. If you need urgent medical help, you should call 111 or in an emergency 999.



Well-being Advice: Keeping Safe at Home

Steps for getting back up

1. Roll onto your side, and then push up onto your elbows
2. Use your arms to push yourself onto your hands and knees
3. Crawl towards a very stable piece of furniture (a sturdy chair or bed) and hold onto it for support
4. Slide or raise the foot of your stronger leg forwards so it's flat on the floor
5. Lean forwards and push up using your arms and front leg, slowly rising to a standing position
6. Turn around and sit down. Sit for a minute or two and catch your breath.

Even if you are unhurt, make sure that you tell a healthcare professional or carer that you have fallen.



Healthy Eating Advice

It is important to maintain a healthy diet as well as an active lifestyle to help you feel at your best. This means eating a wide variety of food and drink but in the right proportions.

You should try to limit the intake of foods and drinks that are high in fat, salt and sugar. Also if you are struggling to eat well, switch to smaller meals and more frequent healthy snacks.

High intake of alcohol should be avoided and if possible don't smoke. Limiting your alcohol to ideally less than 14 units a week, and support is available to **help you stop smoking**.

For more nutritional advice please visit the **NHS Live Well site**.

Magna Vitae have also produced some simple recipe and cooking videos that you can **do from home**.



Well-being Advice: Healthy Eating

- Eat 5 portions of fruit and vegetables (fresh, frozen, tinned, dried or juiced)
- Starchy foods (bread, cereals, potatoes, pasta or rice)
- Protein rich food (Beans, pulses, fish and meat)
- Try to have 2 portions of fish, at least 1 oily (salmon, herring, sardines, trout or mackerel)
- Dairy products (milk, yogurt, cheese)
- Oils and spreads (choose unsaturated and use in moderation)
- Stay hydrated (aim to drink 6-8 glasses of water a day)



Looking after your own health

While eating healthy and having a balanced diet, it is also important to look after other aspects of your own health:

- Take your prescription medicine regularly and ensure that you have at least two weeks' supply
- Consider taking Vitamin D supplement for healthy muscles and bones, if you aren't able to get outside often
- Prioritise your sleep: going to bed and waking up at a regular time can help your sleeping pattern
- Make sure you give yourself time to unwind before sleep
- Wash your hands with soap and hot water, for at least 20 seconds, regularly throughout the day
- Keep your mind active with crosswords, puzzles and letter writing



It is completely normal to feel worried and anxious about yourself and your loved ones during this time. Try to focus on the things you can control rather than dwelling on the things you can't.

This might mean focusing on getting yourself into a daily routine. Stick to trusted sources of information for updates and if things start to make you feel anxious, think about switching them off for a while or removing yourself from the situation.

Well-being Advice: Mental Well-being

Operation Pen Pal

Here at TED we are asking for short stories, letters and/or drawings from children and adults across the county to be sent in to us so that we can forward them on to a someone over 50, to make their day just that bit brighter!

We are also looking for individuals who are over 50 who would be interested in forming a pen pal connection with someone. All we ask is you send us a little bit of information about yourself such as your name and interests and your contact address.

Please share this information with anyone you know.

Letting the creativity flow has been proved to help your mental and physical wellbeing. Did you know:

1. Handwriting can help increase activity in specific areas of your brain, similar to meditation
2. Handwriting sharpens the brain and helps us learn
3. It helps us to slow down and think about the moment. Mindful writing helps the brain rest which can potentially spark creativity



Our address is:
The Old Mart
Church Lane
Sleaford
Lincolnshire
NG34 7DF
Email to: TED@lincsymca.co.uk
Twitter: [@ted_EastLindsey](https://twitter.com/ted_EastLindsey)
Facebook: TED in East Lindsey

Daily Goals

The days can start to feel very long when you are at home all day. Setting a list of goals to complete each day and planning out your day in advance can help with motivation; it will also help to remind you of important things . Here is an example:

- | | |
|---|--|
| 1. Get up and get dressed | 10. Do some hobbies ie reading or sewing |
| 2. Do 10 minutes of exercise | 11. Do 10 minutes of exercise |
| 3. Have a balanced breakfast | 12. Prepare a balanced dinner |
| 4. Tidy and dust one room | 13. Have dinner |
| 5. Do some puzzles or write a letter | 14. Clean the kitchen up |
| 6. Do 10 minutes of exercise | 15. Deep breaths and relaxation |
| 7. Watch your favourite TV programme or listen to the radio | 16. Phone a friend or family member |
| 8. Have a balanced lunch | 17. Relax for the rest of the evening. |
| 9. Weed the garden and water flowers | 18. Bed time |

Thank you to the following organisations



Helpful Sites

Boston Borough Council: <https://www.mybostonuk.com/coronavirus/>

East Lindsey District Council: <https://www.e-lindsey.gov.uk/Coronavirus>

Lincoln City Council: <https://www.lincoln.gov.uk/coronavirus>

North East Lincolnshire: <https://www.nelincs.gov.uk/covid-19-advice-and-guidance/>

North Kesteven District Council: <https://www.n-kesteven.gov.uk/coronavirus/>

North Lincolnshire District Council: <https://www.northlincs.gov.uk/people-health-and-care/coronavirus-covid-19/>

South Holland District Council: <https://www.sholland.gov.uk/COVID19>

South Kesteven District Council: <http://www.southkesteven.gov.uk/index.aspx?articleid=14947>

West Lindsey District Council: <https://www.west-lindsey.gov.uk/coronavirus/>

References

communitylincs.com/individuals/making-connections/good-neighbours-schemes-helping-community/

Gov.uk

www.nhs.uk/live-well/eat-well/

www.nhs.uk/live-well/exercise/physical-activity-guidelines-older-adults/

www.nhs.uk/oneyou/every-mind-matters/7-simple-tips-to-tackle-working-from-home/

With thanks to the image designers, [listed here](#).

About East Lindsey



East Lindsey is a large, sparsely populated district within the county of Lincolnshire, which includes the popular coastal seaside towns of Skegness and Mablethorpe.

East Lindsey has a higher than average ageing population with 29% of people aged 65 and over. High numbers of older people move to East Lindsey in their retirement years and many have multiple chronic health conditions and few social and familial connections in the region. Public transport across East Lindsey is poor and therefore accessing services can be challenging, especially for older adults.

The overarching aims of the TED Programme are to:

- Reduce social isolation and loneliness
- Help older people to become better connected with volunteering, social, leisure and health improving activities
- Provide opportunities for older people to influence the design, delivery and evaluation of both the services and businesses available to them

We currently have 1700 registered TED members, 100 businesses across East Lindsey hold an Age-friendly Business Award, and 516 volunteers have contributed 8,156 hours to the TED programme between April 2018 and December 2019 .

Further information...

To find out more about TED or to get involved visit our website www.tedineastlindsey.co.uk or start a conversation and share your views online: Twitter: [@ted_EastLindsey](https://twitter.com/ted_EastLindsey)



TED is funded by The National Lottery Community Fund and is managed by Community Lincs, part of YMCA Lincolnshire