

Let's Age Well!

None of us want to stop doing the things that make us happy. As we get older, things can change. Support is available across Lincolnshire from the NHS and our partners to help you stay steady, connected and independent.



What does 'Ageing Well' mean for me?

We are all different, with our own lifestyles and needs. For some people that might mean gardening or walking the dog. For others it might mean managing pain, staying steady on your feet, or having someone to talk to.

As we get older, things can change. If something you've always done isn't possible in the same way, support is available to help you adapt, stay connected and keep doing what matters to you.

For you it might mean:

- Keeping in touch with people
- Finding local groups or activities
- Staying active at a level that feels right for you
- Getting advice about health, care, housing or finances
- Getting support after illness or bereavement
- Getting help if you are caring for someone

There is a wide range of local support across Lincolnshire to help people stay well and independent. This includes advice for individuals, families and carers across the county.

If you would like support to publicise a group or activity, get in touch with us at:
licb.communications@nhs.net



Finding Support

Not sure where to start? Visit lincolnshire.icb.nhs.uk/lets-age-well to explore support across Lincolnshire.



Connect to Support Lincolnshire is your local guide to living well, bringing trusted information and advice about health and wellbeing, and adult social care in Lincolnshire all in one place.

**Connect
to Support**
Lincolnshire

From wellbeing walks and veterans' breakfast clubs to dementia cafés and book clubs, it's all just a click away.

Visit the website below to discover what's available where you live: lincolnshire.connecttosupport.org

Mental Wellbeing

How Are You (HAY) Lincolnshire helps you find local groups, activities and support to boost your mental health and stay connected.



Visit www.haylincolnshire.co.uk for more information.

Local face-to-face support

Community Wellbeing Hubs offer free, confidential support and advice, and can connect you to local services, activities and groups. They can help if you want to try something new, feel less isolated or need support with your mental wellbeing.

Visit www.haylincolnshire.co.uk/wellbeing-hubs or call **01522 782140** for more information.



Stay Active

Let's Move Lincolnshire supports you to stay strong, steady and independent, with activities across the county at different levels to suit your pace. From walking football and chair yoga to wellbeing walks and strength and balance sessions, many activities are free or low cost.

For more information visit:

www.letsmovelincolnshire.com/ageingwell

Stay Independent

Wellbeing Lincs is a countywide service funded by Lincolnshire County Council, supporting adults across Lincolnshire to stay safe, independent and well at home. It offers practical support during life changes, including ill health, bereavement or financial pressures.



For more information visit: www.wellbeinglincs.org

