

Let's Age Well!

NHS

Lincolnshire

None of us want to stop doing the things that make us happy! That's why the NHS in Lincolnshire and other partners are committed to supporting you to age well.



Gardening, being active, walking the dog – doing anything we enjoy is good for the soul and improves general well being and happiness. Sometimes, getting a bit older can impact our ability to do the things we love, but that doesn't mean we have to stop altogether.

What does 'Ageing Well' mean for me?

We are all different and have different lifestyles and individual needs. If doing what we have always done isn't possible, there is support available to help us adapt to keep our mind and body active. Finding new things to do in later life can help to keep us physically and mentally well.

Let's use it, not lose it!

Tell me more...

Lincolnshire's health and care services offer all kinds of support for anyone over 65 years. Lots of advice is available for us, our families or carers about aging well and, most importantly, staying well, in later life.

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



Wellbeing Hubs

Community Wellbeing Hubs provide free, confidential support and advice and can signpost us to other services in our local area. Hubs are a great place to visit if you want to take up a new hobby or activity, or reduce loneliness and isolation or are experiencing mental health and wellbeing challenges.

For more information visit:

**www.haylincolnshire.co.uk/wellbeing-hubs
or call 01522 782140.**

Wellbeing Lincs

Wellbeing Lincs is a countywide service, funded by Lincolnshire County Council supporting adults across Lincolnshire to achieve confident, fulfilled and independent living.

It offers a helping hand through life's changes, which might include ill health; disability; changes to financial circumstances; changing medical needs; bereavement; lack of family support; loneliness and social isolation or just general changes of circumstance.

For more information visit: www.wellbeinglincs.org



Wellbeing Lincs
Better wellbeing across Lincolnshire

How Are You (HAY) Lincolnshire

How Are You (HAY) Lincolnshire has brought together everything in Lincolnshire to help us maintain our mental wellbeing, from activity groups, to courses, to support services.



Connect to Support Lincolnshire

Connect to Support Lincolnshire is the place to go for information and advice about health and wellbeing, and adult social care in Lincolnshire.

You can also search the online one-stop-shop for care and support services, and make links to groups and activities where you live.



Visit www.lincolnshire.connecttosupport.org
to find out more or call 0300 303 8789

**Connect
to Support**
Lincolnshire

Let's Move Lincolnshire

Let's Move Lincolnshire supports everyone to be more active. Discover new ways to get moving and support to help you on your way; there is something for everyone, regardless of age or physical capability. Explore hundreds of different activities that take place every week - from walking football to chair yoga, wellbeing walks to pickleball.



For more information visit:
www.letsmoveincolnshire.com/ageingwell

**Let's
Move**
lincolnshire