T.E.D.
Value of the first connection

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Ageing Better in East Lindsey

About Skegness

Skegness is a seaside town in East Lindsey, Lincolnshire, with a current estimated population of 25,221. Over half of the population are within the 50+ demographic (12,996) that the Ageing Better Programme aim to help.

Pauline's Story

One of our beneficiaries explained "Living in Skegness it can be a long, quiet and uneventful winter. I particularly felt this quiet isolation as I was a Skegness landlady of a guesthouse here for 17 years. There are a lot of retired people living in the town and surrounding area. There are no steep hills to climb so that is a blessing. Little happens in the off season period and in the tourist season the town is full of strangers."

She goes on to say "I found it very hard to adjust to retirement after close contact with families and couples on holiday for 17 years. I found lots of things to do on my own like craft and art projects. I enjoyed cooking and reading. But I lacked that human contact and conversation with interesting people. Since joining the TED groups I have found a purpose. Something I lost when we sold the business.

Now I have a reason to write more poems and join in conversations. It is also great that within the group there are members who share a passion for writing and reading poetry. As confidence has grown others have also read their poems to the group. As we have got to know each other, there has been mutual encouragement.

I look forward to the sessions at The Storehouse. Although I am not an official TED volunteer, I am happy to read my poems to the group and encourage the members to develop and enjoy each other's company and conversation. I am in no doubt that the TED groups in Skegness are very valuable and have contributed to the wellbeing of many residents in the town."