



YourVoice@Healthwatch
October 2025

healthwatch
Lincolnshire

YourVoice@Healthwatch Event 10am – 1pm

We will:

- Share our social care report findings
- Hear about the Lincolnshire Carers Service
- Hear from LCC around future Adult Care priorities
- Integrated Lifestyle Service workshop
- Marketplace and networking



JOIN US... **YourVoice@Healthwatch**

YourVoice@Healthwatch heads to Boston

Thursday 30 October

Come to find out more about:

- **Our report on care in Lincolnshire**
- **The latest care strategy for the county**
- **Healthy lifestyle services consultation**

10am – 1pm



The Jakemans Stadium
Boston
PE21 7NE

Book your free place at

www.healthwatchlincolnshire.co.uk or

☎ 01205 820892

✉ info@healthwatchlincolnshire.co.uk

healthwatch **HW**
Lincolnshire **Lincs**

A photograph of a young woman with dark hair, wearing blue scrubs over a white t-shirt, smiling warmly at an elderly woman with short, wavy grey hair. The elderly woman is wearing a grey patterned vest over a light-colored collared shirt. They are indoors, with a window and a lamp visible in the background. A large, stylized graphic of a curved pink and blue shape is overlaid on the left side of the image.

Social Care Project

Project findings

October 2025

Background

1. Managing care

(Care home manager survey) – 57 responses

2. What is it like being a carer in Lincolnshire?

(Carer survey) – 153 responses



1. Managing care

(Care home manager survey) – 57 responses



What challenges are care homes facing?

Access to services



Dental services



Physios/OTs



**Mental health
services**



What challenges are care homes facing?



Hospital discharge

Poor communication

Missing or incomplete
paperwork

Time of discharge

Missing equipment and
medication

What works well?

Praise for the Clinical Assessment Service (CAS) (urgent and emergency care)

“There is a marked improvement in urgent or out of hours care. Recent excellent example where a resident was kept in the home and avoided hospital admission.”



Innovation

“Our surgery has been taking a holistic look at residents experiencing falls – this has resulted in a reduction of falls.”

“One person we support, whose parents are concerned about his weight and that he always cancels support to go to the local gym, has embraced a personal trainer coming into service.

This is only once per week, but he participates well, enjoys the attention solely focussed on him, and in turn burns off some energy :) A win win!”



Lincolnshires Carers Service



Lincolnshire
COUNTY COUNCIL
Working for a better future

Here to help

Did you know that three in five of us could expect to become a carer at some point in our lives?

A carer is someone who provides unpaid care and support to a family member or friend who has a disability, mental or physical illness, substance misuse issue, or who needs extra help as they grow older.

The Lincolnshire Carers Service is commissioned by Lincolnshire County Council. The service is delivered collaboratively between the Care and Wellbeing Hub and Carers First.



The value of Carer's

The value of unpaid care in England and Wales is now estimated to be £162 billion, exceeding that of the entire NHS budget in England for health service spending (Petrillo and Bennett, 2023).

Carer's UK State of Caring survey 2023 found that **over three quarters (79%) of carers feel stressed or anxious, and half of carers (49%) feel depressed.** 54% of carers said their physical health had suffered.

It is estimated that Lincolnshire has 70 391 carers (Census 2021).

Nearly, 1 in 3 NHS staff provide unpaid care (NHS staff survey, 2022).



Two sides to the story

A powerful video about carers



How we support Carer's



Advice, Information and Support

Signposting

Carer conversations

Wellbeing and carer assessments

Support plans

Regular reviews

Respite opportunities for carers

Safety planning and future planning

Hospital support

Former carer support

Young Adult Carer support

Access to free digital resources



How we support Carer's Wellbeing

- Cares events and activities across the county
- Carer type activities
- Peer support opportunities
- Carer learning
- Carer wellbeing activities



How we support Carer's Finances

Benefits advice

Personal budgets for eligible carers

Signposting

DLA, PIP, Attendance Allowance and Carers Allowance form completion

Grant searches

Discounts and reductions

Your rights in work



If you are juggling work with caring, you are not alone – as many as 7.7 million people in the UK are balancing their unpaid caring responsibilities with paid employment. Balancing work and care can be very challenging, so it's important to find out about your rights. This factsheet provides a simple summary.

The following information applies to people living in England, Wales and Scotland. We have a separate [factsheet for Northern Ireland](#) as some of the legislation differs.

Contents

Knowing your rights.....	2
Your right to request flexible working.....	
Your right to carer's leave.....	
Your right to time off in emergencies.....	
Protection from discrimination.....	
Your right to parental leave	
Further information.....	

How we support Carer's with employment

Support back into employment

CVs, Interview prep

Working carer support

Advocacy in employment

Carer awareness for employers

Understanding Carer Rights

Access to free digital resources

What matters to carers?

"My contact, Nicola, is extremely helpful, has the time to listen and problem solve with me to aid my role as carer for my autistic daughter"

"I felt listened to, I felt that my situation was fully appreciated and that the assessment reflects my situation. I felt supported, which makes a huge difference when the caring role sometimes feels all-consuming"

"I always feel totally supported and that I can carry on in my role which is very heavy at times"

"Just talking to someone who really listens, understands and doesn't judge gives such relief. Then signposting to actual things that may help is a bonus"

"My support worker is brilliant. She listens and gives sensible and honest feedback. She has been an amazing support in troubled moments"

Lincolnshire Carers Service



Search... 

Home > Social care and health > Support for carers > Request for support

Request for support

Request for support form

Request for support

If you prefer to speak to someone over the telephone, please complete the [request for support form](#). A member of the Lincolnshire Carers Service will then be in touch to discuss your caring role and how we can support you.

You can [sign up for a copy of the Carers First newsletter here](#).

Request for support form >

01522 782224

(8am-6pm) Monday-Friday

[Request for support – Request for support form - Lincolnshire County Council](#)

Lincolnshire Young Carers Offer

Contact Telephone: 01522 553275

Email: youngcarers@lincolnshire.gov.uk

	Lincolnshire COUNTY COUNCIL <i>Working for a better future</i>	
	Name	
	Emily Example	
	D.O.B	Expiry Date
	15/03/2011	27/10/2026
	Cares for	
	Sally Sample	
		

I have written consent to discuss with you:

1. Medication Yes
2. Diagnosis Yes
3. Prognosis No
- 4.

**I AM A YOUNG CARER,
I NEED TO BE INCLUDED, TALK TO ME**

Young Carers Identification Number 123456

Lincolnshire Young Carers Service

LINCOLNSHIRE YOUNG CARERS INFORMATION SHEET

The Lincolnshire Young Carers offer is designed to help and support children and young people up to the age of 19 years who help to care for someone at home. That person may be a parent, sibling, grandparent, or any other relative who has a:

- Physical disability
- Mental health condition
- Learning disability
- Misuses alcohol or drugs
- Sensory impairment (hearing or sight loss)
- Life limiting condition
- Any other long-term illness or condition

The role undertaken by young carers can include:

- Extra housework, shopping, or cooking
- Helping with medication but NOT administering
- Emotional support
- Helping a sibling with a disability

Young carers often take on responsibilities which affect their friendships and relationships, learning and development, health and wellbeing, or future career choices. They experience increased levels of stress or anxiety, feelings of isolation and loneliness, lack of time to take part in social activities, and difficulties in keeping up with their education or homework.

Lincolnshire County Council have a statutory responsibility to make sure all our Young Carers are known, we have a partnership arrangement to explore individual situations and needs through an Early Help Assessment – we work closely with our partners to support them to feel confident to do this, as often they are the person known to the family. Where there are unmet needs identified, or more support is required we provide advice, support and guidance on what Young Carer support is available. Over 90% of our schools have Young Carer support in-house and our Early Help Teams also offer a range of groups and activities.

"Ofsted take particular interest in the experiences of more vulnerable children, including young carers, during inspections."
(Hansard, 2012)

Where Young Carers needs have been identified through an EHA and the young carer and their family consent to be included on our Young Carer register, we will include their details so that we can maintain at a minimum annual contact with them. All Young Carers on our register are offered a Transition Assessment from age 16 to support their moves through to adult services.

**WHO CARES?
WE DO!**

For more information, please contact
Lincolnshire Young Carers on
01522 553275 or email
youngcarers@lincolnshire.gov.uk

Lincolnshire
COUNTY COUNCIL
Working for a better future

Connect to Support Lincolnshire

Carers

[Connect to Support](#) > [Information and Advice](#) > **Carers**



Caring for a family member or someone close to you

♥ Add to My Booklet

In this section

1. Carers
2. Carers assessment
3. Financial support
4. Work and career
5. Health and wellbeing
6. Technology and equipment
7. Health conditions and disabilities
8. Supporting someone with personal care
9. Emergency planning for carers
10. Young Carers
11. Further support and advice

- *Established in 2016 to fulfil Care Act 2014 duties*
- *Supporting people to live healthier lives where they have choice and control*
- *The place to go for information & advice on all aspects of health & wellbeing, and adult social care*
- *Search and shop for care and support services, make links to groups & activities*

[Carers | Connect to Support Lincolnshire](#)

Resources for Carers

- Lincolnshire County Council: www.lincolnshire.gov.uk/carers
- Request Support: [Request for support – Request for support form - Lincolnshire County Council](#)
- Digital Resource for Carers: [Technology and equipment | Connect to Support Lincolnshire](#)
- Local information and advice: [Carers | Connect to Support Lincolnshire](#)
- Carer Activities and Events: [Book onto a Group or Event in Lincolnshire | Carers First](#)
- Lincolnshire Carers Service: www.lincolnshirecarersservice.org.uk
- How are you Lincolnshire, mental health support: [How Are You Lincolnshire | Mental Health and Wellbeing Support](#)
- Carers UK: www.carersuk.org

Adult social care strategy & Improvement priorities



Your Voice
Healthwatch Event
30/10/2025

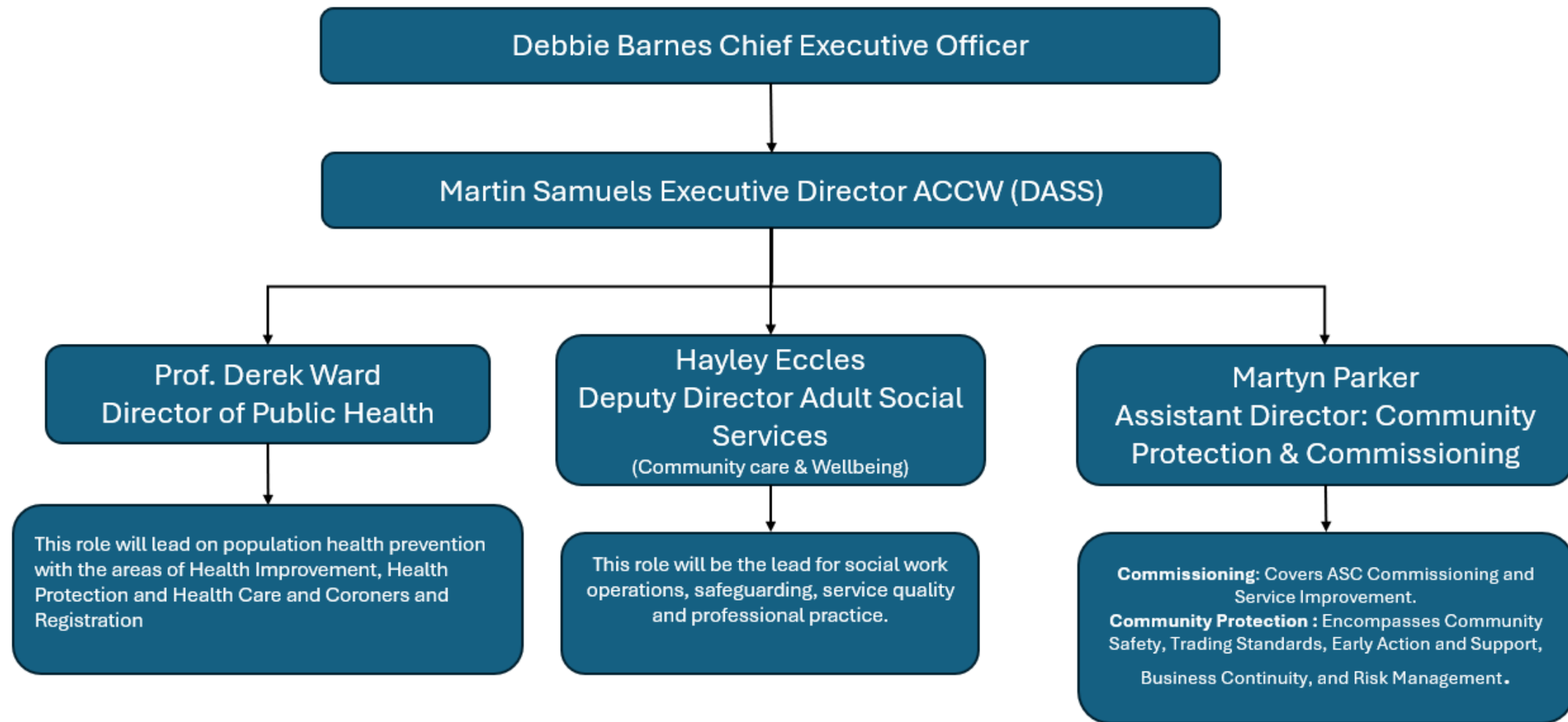


LINCOLNSHIRE ADULT SOCIAL CARE STRATEGY

2025 – 2028



Your Voice
Health Watch
30th October 2025



Introduction & Context

- 3-year strategy to improve outcomes and value for money
- Responds to rising demand, aging population, and economic pressures
- Co-produced with residents, carers, and partners



Vision & Values

- **Vision:** People stay as healthy, safe, and independent as possible within their communities
- **Values:** Collaborative, Supportive, Responsible, Adaptable, Eco-conscious



Key Challenges

- Aging population (65+ to increase by 41% by 2043)
- Economic inactivity and health inequalities
- Rurality and access to services
- Financial pressures and workforce shortages

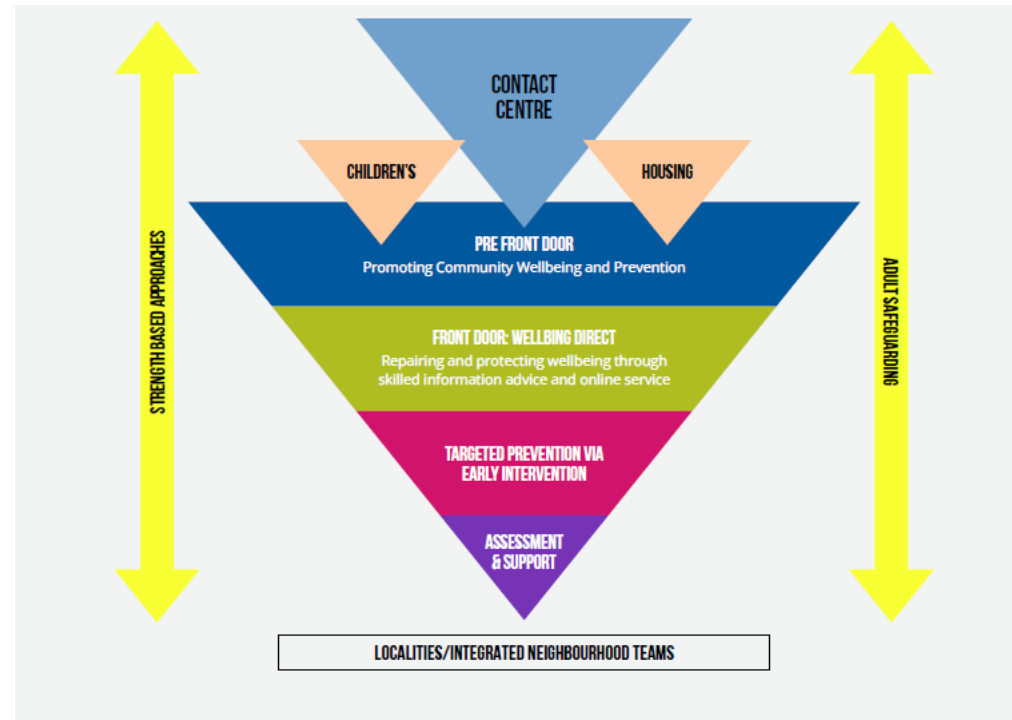


Strategic Priorities

- Co-production and personalisation
- Prevention and early support
- Digital innovation and assistive technology
- Workforce development and sustainability
- Integrated care and partnership working



Target Operating Model



Strategic Priorities

- Co-production and personalisation
- Prevention and early support
- Digital innovation and assistive technology
- Workforce development and sustainability
- Integrated care and partnership working



Implementation & Review

- Annual Service Improvement Plans
- Co-production group reviews and shapes priorities
- Performance monitored via governance boards and Power BI dashboards



Projects

- Strategy and Governance
- Mental Health Transformation
- Professional Practice
- Culture and Workforce
- Digital transformation
- Early Action and Support
- Accommodation
- Commissioning



Closing & Contact

- Thank you for your support and collaboration
- Questions and discussion
- Contact: Martyn Parker, Assistant Director
Community Protection & Commissioning
martyn.parker@lincolnshire.gov.uk





State of Health, Care and Wellbeing in Lincolnshire – Barometer Survey

A population wide survey launching soon to take the **pulse of health and care** across the county.

We'll be asking about:

- Quality of care
- Experience with staff
- Overall satisfaction
- Access to services
- What works well
- What could be better

Linking in with the national Healthwatch England State of Health and Care Report.

We'll cover the following areas:

- Health Services
- Pharmacy Services
- Dental Services
- GP Services
- Social Care
- Wellbeing Services
- Community & Voluntary Sector

In collaboration with system partners including LCC, ICB, Our Shared Agreement, provider organisations and Voluntary organisations across Lincolnshire.

Results will be presenting at our VOICE Conference 2026.

State of Health, Care and Wellbeing in Lincolnshire – Barometer Survey

Take part in the survey by
scanning the QR code,
follow the link below or
complete with the HWLincs
team today



<https://www.smartsurvey.co.uk/s/YourVoice25/>

A short break



Have Your Say: The Future of Lincolnshire's Integrated Lifestyle Service



The Integrated Lifestyle Service, known as 'One You Lincolnshire'

This service helps people:

- lose weight,
- be more active,
- drink less alcohol,
- stop smoking,
- child and family weight management
- strength and balance (falls prevention),
- and health coaching



Successful Outcomes and Funding

The service currently delivers over 10,000 positive health outcomes annually and exceeds national performance benchmarks.

Consultation

Lincolnshire County Council are reviewing how they support people to live healthier lives.

They want to make sure public funding is used in the best way to support people across the county.

They are asking for your views on how best to use this funding. This includes feedback on the current service and whether other priorities might better meet the needs of our communities.



Have Your Say – Round Table Discussion

Feedback Form

Share your experiences of the Integrated Lifestyle Service on our feedback forms

Questions

- 1. Where do you most often seek advice or information about healthy lifestyle choices (for example diet, exercise, mental health)?**
- 2. Which areas of health and prevention are the most important to you? (for example, diet and mental health but smoking less is less of a priority)**

Have Your Say – Round Table Discussion

Feedback Form

Share your experiences of the Integrated Lifestyle Service on our feedback forms

Questions

- 3. What do you think the advantages are of having a Lincolnshire Integrated Lifestyle Service ?**
- 4. Which groups of people do you think should be prioritised for support through the Integrated Lifestyle Service?**

Have Your Say – Round Table Discussion

Feedback Form

Share your experiences of the Integrated Lifestyle Service on our feedback forms

Questions

5. What do you think the council should consider when planning the future delivery of this service?

How to get involved

Participation Methods

You can respond to the consultation via a Let's Talk Lincolnshire

<https://www.letstalk.lincolnshire.gov.uk/integrated-lifestyle-service-consultation>

Consultation Period

The consultation runs for 12 weeks from 10 September 2025 to 3 December 2025.

Public Health Team Support

The Public Health Team offers guidance and answers to stakeholder queries during the consultation process.

Email address is BS_Public_Health@lincolnshire.gov.uk



Stallholder Introductions



Marketplace and networking



Contact Us



Healthwatch Lincolnshire
Rooms 33–35, The Len Medlock Centre
St Georges Road
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delivered by HWLincs.**

