

Age UK Teesside Newsletter

Apr - May 2021

VOLUNTEER



Recruitment Day

with Age UK Teesside

Thursday 3rd June 2021

1pm til 3pm

**TAD Centre, Ormesby Road,
Middlesbrough, TS3 7SF.**

01642 805500

Come and see how you can help us and the community, meet new friends and find out what we can do for you !!!

Recruiting from all areas of Teesside.

Age UK Teesside is a registered charity (702714) and company limited by guarantee. Registered in England and Wales number 2152353. Registered Office, Dorothy Rose Suites, The TAD Centre, Ormesby Road, Middlesbrough, TS3 7SF.

Thank You SG Petch for our new van!

Age UK Teesside's retail department is steadily growing thanks to the dedication of staff and volunteers. And now, thanks to the generosity of SG Petch, we can reach even more donors and supporters with the van they have donated for our use. We can collect donated items from clients homes and those preloved items can be turned into cash donations that will fund vital projects and services across Middlesbrough, Stockton-on-Tees, Hartlepool and Redcar and Cleveland.



Neil Bankhurst, Retail Manager receiving the keys from Shaun Burke, Dealer Principal at their Middlesbrough branch.

apr - may 21

Dorothy Rose: Teesside Hero and Local Star



Dorothy and her Teesside Hero Award

Dorothy has spent more than 70 years caring for the elderly in her community and, in recognition of her work, has received a Teesside Heroes award. 95-year-old Dorothy Rose, who was born in Stockton and still lives in the town, has always had a caring nature.

“I love my charity work and have always enjoyed talking to older people,” she explained.

Dorothy continues to host social groups for older people in Stockton, with the support of daughter Margaret;

“It’s a lovely opportunity to make friends,” says Dorothy.

Dorothy’s Teesside Heroes Award was presented to her by Zoe Lewis, principal and chief executive of Middlesbrough College, patrons of organisers, Middlesbrough and Teesside Philanthropic Foundation.

Dorothy accepted her award at our head office and announced that the £1,000 charitable donation which comes with it would be going to Age UK Teesside. Thank you for a wonderful donation and a lifetime of support Dorothy, you truly are our hero!

Dorothy with Chief Executive Anne Sykes



Dorothy with daughter Margaret and son Frank



Dorothy with Zoe Lewis, Principal and Chief Executive of Middlesbrough College and Anne Sykes

Age UK Teesside's ZOOM Meet-Up Timetable

For more information, or help accessing Zoom, please call 01642 80 55 00

GARDENING with Laura

Meeting ID: 839 6326 3851

Passcode: 793504



GET-TOGETHER with Helen & Gill

Meeting ID: 854 9194 8827

Passcode: 328052



SING SING SING with Paula Odell

Meeting ID: 863 6200 5844

Passcode: 874205



REKINDLE FRIENDS with Steve

Meeting ID: 841 2626 5157

Passcode: 956529



QUIZ with Martin & Debs

Meeting ID: 862 9855 2226

Passcode: 584899



FRIENDSHIP FRIDAY with Tina

Meeting ID: 821 6681 3978

Passcode: 910727



DIGITAL DROP-IN with Neil

Meeting ID: 833 0144 0270

Passcode: 395073



DROP-IN with Debbie

Meeting ID: 871 5561 8328

Passcode: 384877



Work for Age UK Teesside

For full details on all of our current vacancies and information on how to apply, including deadlines, please visit our website: www.ageuk.org/Teesside

Digital Explorer Advisor

Location: Redcar & Cleveland

Salary: £10.22 per hour

Hours per week: 3.5 Days - flexible

Type of contract: Fixed term - 31st October 2021

Independent Domestic Violence Advocate

Location: Middlesbrough

Salary: £19,367

Hours per week: 30 - Monday to Friday (flexible)

Type of contract: Fixed term - 12 months

Staff Spotlight: Steve Thompson

Our Digital Inclusion Advisor, Steve Thompson, has a colorful past. Leaving school at 16 he went to work at Consett Steelworks, but it was not long before he started to follow his dream. With other fellow apprentices he formed a rock band called Bullfrog and pursued two apprenticeships: by day in the steelworks and by night performing with his band around the North East. Eventually he and his band signed a record deal and released a few records. This was the seventies and records were vinyl platters with an A side and a B side.

Alas rock and roll stardom eluded Steve and his bandmates, so he took a different path. This path led Steve to become a highly respected record producer in the field of heavy metal. He also pursued a songwriting career and scored several hit records. Artists who have recorded songs written by Steve include Sheena Easton, Elkie Brooks, Celine Dion, The Searchers, Tygers of Pan Tang and many more.

So fast forward to just a few years ago and Steve collected his pensioners bus pass. By his own admission he was resting on his laurels and collecting his royalties (and his state pension!). A couple of old friends contacted him and suggested he ought to get off his backside and perform all those songs he'd written for various International recording artists. And so "The Steve Thompson Band" was formed and backed by top class musicians and singers Steve toured venues playing those songs whilst telling the story of his career in the music Industry. This led to the recording of a CD featuring all those songs he'd written for Celine et al entitled "The Long Fade".

Staff Spotlight: Steve Thompson

He added to this activity, speaking engagements where he told his songwriting and other stories to Women's Institutes, men's retirement clubs, University of The Third Age and Ladies Luncheon Clubs. And so it seemed appropriate that he should join Age UK Teesside, and for two days a week he became our Digital Inclusion Advisor.

But then Covid 19 happened and we went into lockdown. Steve's band shows and one man talks were cancelled. And delivering the digital inclusion support for us on the Rekindle project became difficult.

One day after delivering one to one, socially distant digital support sessions at St Cuthbert's church hall in Marton Steve pulled into a layby and poured himself a cup of tea from his flask. He then proceeded to make support calls to his Rekindle participants who were also in Lockdown. And then an email came in from his old Bullfrog band mate: Drummer Jim Harle. Jim has a website for the band and a record company had got in touch wishing to release a Bullfrog song on a boxed set (of CD's). Jim is a retired Police Officer and so it was agreed Steve would talk to this record company.

One thing led to another and this highly respected record company, Cherry Red Records offered Steve a record deal. This was signed in December last year and Cherry Red licensed over 200 recordings going all the way back through Steve's career as far back as 1972. They have released Steve's own album "The Long Fade" and several more works including material as yet to be recorded.



Better Health Better Wealth

The Stockton Better Health, Better Wealth Team are working hard to ensure that those over 65 years continue to receive the services they need. We are able to visit people's homes and explore the following areas:

- Befriending service
- Social activity groups
- Welfare and benefit assessments and support
- Support to access health and wellbeing services
- Social Care referrals for homecare, aids and adaptations

We have various walk and talk groups in the Stockton area and we are hoping to start some social groups back up and running in May, in line with Government Guidelines.

To find out more about what is happening in your local area, please contact Gill or Helen on 01642 805500

If you are isolated or know anyone who cannot get out of the house and do not have any social networks, we have a befriending support service. This has been beneficial to those isolated in the Stockton community, especially during the pandemic. We also have a Welfare Benefit Advisor who can carry out welfare checks and support during the claims process.

Why not contact the office and find out more about our services in Stockton.



The Walking group and Social Group enjoying being back together...



Older Offenders Project

A quick update from our Older Offenders' Officer, Deborah Earley;

"There is still no progress in terms of returning to delivering Age UK Teesside sessions within the prisons but we are eagerly waiting for the time when we are able to access them again to meet with old and new clients and we are hoping to talk with residents about the specific format and activities they would like to be used in future sessions.

We have published a '*Moving On*' pack which is aimed at the men who are planning for their release and who need information and advice on re-settlement issues and we anticipate that it will become a good resource which can be used by both clients and staff. In the meantime we will be producing a simple newsletter to keep men informed of future activities and it will also contain articles of interest and puzzles."



North East
Better Health
at Work Award
Gold Award

Phoenix Project



The Phoenix Project offers social activities for older people. and provides a safe and supportive space to establish new friendships and maintain older ones.

Phoenix has priorities to promote emotional wellbeing, good health and social inclusion. Current activities include weekly walking groups in Stewart Park and around Hemlington Lake, plus an online social group every Friday while we wait to relaunch our face-to-face activities.

The Phoenix Project works alongside our Zumba instructor Glyn and project lead, Tina, co-ordinates the Teesside contributions to the Innocent Big Knit campaign.

For more information, or to take part in Phoenix activities, please call Tina Bonner on **01642 80 55 00**

Stewart Park

MONDAY & THURSDAY
11:00 am - 1:00 pm

Please meet in car park*

Hemlington Lake

Walk 'N' Talk
THURSDAYS @ 1.30 pm

Please meet outside Hemlington library*

For more information or to sign up,
please call Tina on 01642 80 55 00



Innocent Big Knit

Woolly warriors needed in Teesside for the innocent Big Knit

The Innocent Big Knit campaign has returned and Age UK Teesside is calling on the knitters and crocheters of Teesside to get their knitting needles out to help raise urgent funds for older people most in need.

This is the 18th year that Innocent has been running the Big Knit in partnership with Age UK and woolly warriors are needed again this year to craft some little hats to sit on Innocent smoothie bottles. For each be-hatted smoothie sold, Age UK Teesside receives 25p, which will help the Charity make a big difference to the lives of older people.

With many of us spending lots of time at home at the moment it's a great opportunity for stitching superstars to get crafting, or for knitting newbies to grab some needles and give it a whirl. The pandemic has had a huge impact on older people over the past year so Age UK is in need of these little hats more than ever to help raise funds for its vital services.

Anne Sykes Chief Officer of Age UK Teesside said: "We need the local people to join us and help knit as many miniature hats as possible to help us hit our target. It's been a challenging time for everyone, but this is a really fun campaign to get involved in and it's a great activity to do whilst we're all spending more time at home.

"The money raised from these little hats will make a big difference to the lives of older people in our area, many of whom have been badly affected by the pandemic. Every hat knitted will help to fund our hugely important services.

Katie Simpson, Head of Brand at Innocent drinks, said: "We're delighted to be working with Age UK on the Big Knit once again. After a hard year, we want to make this campaign as big as possible so we can help more older people than ever. We're incredibly grateful to all the heroic volunteers helping us get there"

For more information on The Big Knit contact Age UK Teesside on 01642 805500 please send completed hats to

**Age UK Teesside at:
Dorothy Rose Suites,
The TAD Centre,
Ormesby Rd
Middlesbrough
TS3 7SF**



stripe hat

beginner pattern by Juliet Bernard

Yarn: Blue and white DK

Needles: 4mm

Hat

Cast on 31 sts in blue

Knit two rows (garter st)

Change to white and beginning with a knit row continue in st st as follows

2 rows white, 2 rows blue, 2 rows white, 2 rows blue, 2 rows white, 2 rows blue.

Continue in blue

Next row: k2tog to last st, k1 (16sts)

Next row: purl

Next row: k2tog to end (8sts)

Cut the yarn leaving approx 10cm length. Thread this through a sewing needle and bring through stitches and pull up to tighten.

Making up

Use a sewing needle to join side seams.

Make a pompom in blue and white and sew securely to top of the hat.



Abbreviations: St(s) - stitch(es) | st st - stocking stitch | k2tog - knit two together

The Monster

by Kim Tanne



SIZE

To fit an innocent smoothie

YARN

A: Turquoise

B: White

Scraps of black yarn

deramores

YOU WILL ALSO NEED

- A pair of 4mm (UK8 / US6) Pony knitting needles
- Small amount of toy stuffing
- Yarn needle for finishing
- Scissors for finishing

TENSION

22 sts and 30 rows over 10cm/4in in stocking stitch on 4mm needles

Note: Tension is not critical for this project

ABBREVIATIONS

K	Knit
kfb	Knit into the front and back of 1 stitch
k2tog	Knit 2 stitches together
P	Purl
RS	Right side of work
st(s)	Stitch(es)
St st	Stocking stitch/Stockinette: Knit on RS, purl on WS
WS	Wrong side of work

PATTERN

Hat

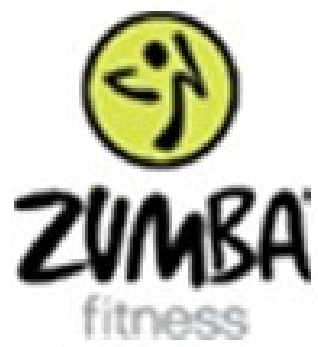
- Using A, cast on 28 sts
- Starting with a RS knit row, work 14 rows in St st
- **Row 15 (RS):** (K5, k2tog) to end. 24 sts
- **Row 16 (WS):** Purl
- **Row 17:** (K4, k2tog) to end. 20 sts
- **Row 18:** Purl
- **Row 19:** (K3, k2tog) to end. 16 sts
- **Row 20:** Purl
- **Row 21:** (K2, k2tog) to end. 12 sts
- **Row 22:** Purl
- **Row 23:** (K2tog) to end. 6 sts Break the yarn leaving a 25cm (10in) tail. Thread tail onto a yarn needle and gather up the 6 sts, pulling tightly to close, then sew the back seam using mattress stitch

Eye (make as many as you like)

- **Row 1 (RS):** Kfb into each st. 8 sts
- **Row 2 (WS):** Purl
- **Row 3:** Kfb into each st. 16 sts
- **Row 4-10:** Starting with a WS purl row, work 7 rows in St st
- **Row 11:** (K2tog) to end. 8 sts
- **Row 12:** Purl



Thanks for knitting a little hat for the innocent Big Knit. Your creation will go onto one of innocent's smoothie bottles, into the shops, and help keep older people warm and well this winter. Please send your hats to The Big Knit, Fruit Towers, 342 Ladbroke Grove, W10 5BU. To find out more visit thebigknit.co.uk



Over 50's Fitness

Are You Over 50 Living in Redcar and Cleveland?

If you then why not join our Zumba classes provided FREE through AGE UK—Teesside!

**GET GROOVIN'
AT YOUR
OWN PACE**

**THE DANCE PARTY WORKOUT
FOR THE YOUNG AT HEART**

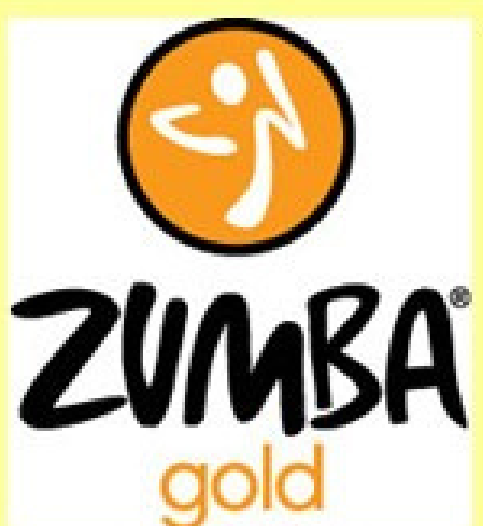


Zumba Fitness

Mondays
6.00pm - 6.45pm

What is Zumba Fitness?

The class that started the dance-fitness revolution and changed the way we look at a workout forever. It's fun, effective and suitable for active adults.



Wednesdays
10.00am - 10.45am
Fridays
10.00am - 10.45am

What is Zumba Gold?

A less intense class for those who are looking to become more active, also it can be modified to suit the mobility of the participants.

Note: - Classes will be provided online via ZOOM Software.

Home fitness guidance will be available for those unable to join us online.

For More Information Contact Details Below:

Telephone: Glyn (Zumba Instructor) 07512 661895 - **Age UK Teesside:** 01642 805500

Website: glyns.zumba.com **E-Mail:** gis.training@yahoo.co.uk

You Tube: Zumba With Glyn

Twitter: GISPromotions

Instagram: [gispromotions](https://www.instagram.com/gispromotions)

LinkedIn: Glyn Stinchcombe

FB Group: Zumba With Glyn

FB Page: It's Fun It's Fitness It's Zumba With Glyn

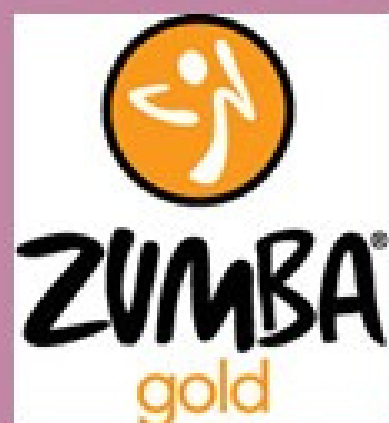


Over 65's Fitness

Living in

**Hartlepool, Middlesbrough,
Stockton, Billingham, Redcar & Cleveland?**

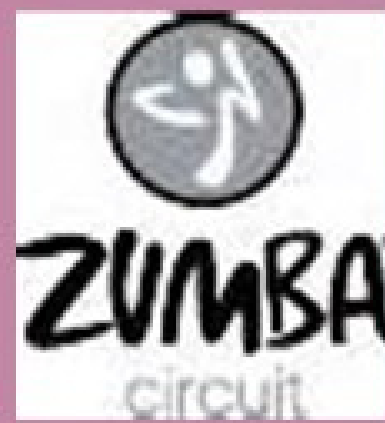
If you are then why not join our Zumba classes provided **FREE** through Sport England, The National Lottery & AGE UK—Teesside!



Zumba Gold - Seated

Tuesdays

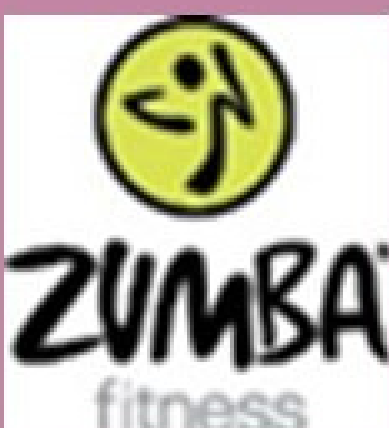
11.00am - 11.45pm



Zumba - Circuit

Thursdays

11.00am - 11.45pm



Zumba Fitness

Tuesdays

12 Noon - 1.00pm



Zumba Gold

Thursdays

12 Noon - 1.00pm

Notes

Classes: - Classes will be provided online via ZOOM Software.

For More Information Contact Details Below:

Telephone: Glyn (Zumba Instructor) 07512 661895 - **Age UK Teesside:** 01642 805500

Website: glyns.zumba.com **E-Mail:** gis.training@yahoo.co.uk

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FB Page: It's Fun It's Fitness It's Zumba With Glyn

Middlesbrough Befriending Service

As we age, unfortunately friends and peers pass away and the little things like, regular meet ups for coffee, chatting about the state of the nation on the phone and remembering to send birthdays cards all gone, it can leave huge gaps in people's lives. We often hear clients saying that their friends 'have all gone now' and that the friendship circle they once had has all but diminished. Catherine, 87 said, on a recent visit, 'Most of my friends have died now and the 2 that are still here- one is in a care home and Mary lives in Rotherham with her daughter. I do miss them'.

So, here at Middlesbrough Befriending Service we provide befriending volunteers who visit people like Catherine, usually once a week or fortnightly, either at home or somewhere local in the community to provide companionship and social interaction. Some, strong friendships are formed and our beneficiaries say that it is quite literally 'a life-line'.

As we start to come out of the pandemic many people will be looking to re-engage back into their communities and look for support around loneliness. We offer not only an opportunity for people to be matched to volunteers but also opportunities to engage with other AUKT projects which are appropriate to individual's needs. For example, Rose 78 from Hemlington was referred to the Befriending service as she felt isolated. It was soon established when assessing Rose that the solution to her social isolation was learning how to use her iPad so she could FaceTime her son and grandchildren who live in Hampshire. We involved the digital services of the Rekindle project and soon Rose was not only talking regularly and seeing her family, but she used her new found learning to access the AUKT zoom sessions. She is now enjoying socialising on line and says using her iPad is '**bloody marvellous**'.

Middlesbrough Befriending Service

As we look towards the summer, clients and volunteers will be offered an opportunity to get involved in a new gardening project which will see an allocated plot of land being used by AUKT, as well as several other local projects and charities, where individuals and groups can sow, plant, and grow a variety of plants and vegetables in a friendly, supportive, and sociable space.

We are proud to be able to provide a bespoke and tailored response to individuals needs around loneliness and social isolation and our motto when assessing clients for befriending is, that 'if I can't help, I know a project that can'. With a range of responses including helping with anxiety and psychological blocks, walking, and socialising groups, supporting people with IT needs and now a nature-based offer, we have basically got it covered.

If you or someone you know has any issues relating to isolation or are feeling lonely and need a little support in getting back on their track, please contact the office.

If you feel that you could offer support and would like to volunteer with us we would love to hear from you too.

Call Paula Taylor for more information on:

01642 80 55 00

Exciting Opportunity with Age UK Teesside **Gardening Volunteer Required**

To Help Maintain Allotment in Middlesbrough



Call 01642 80 55 00 and speak to Paula for more information



 Teesside
ageUK

PARKWAY

POP-UP



Starting Monday 28th June 2021

Weekly drop in

10.30-12.30

AUKT in partnership with the Parkway Centre launch the Connections Café (on the main mall). Pop in for a cuppa and chat. Re-establish friendships or make new ones.

Friendly, free, safe and supportive space aimed at those aged 60+

Additionally, we are running a series of 'pop-ups' where by all Middlesbrough projects will be in the mall in the lead up to the café launch, with a stand to promote services and Later Life Connections Information.

10am-12 noon

Phoenix Project TUE 4th May

Digital Inclusion- THU 13th May

Re-Connect - TUE 18th May

Safe Steps- TUE 25th May

Time For You - TUE 1 June

Others TBA

**FOR MORE INFORMATION CALL
AGE UK TESSIDE ON
01642 80 55 00**



Redcar & Cleveland Befriending *Service*

During the months of April and May Redcar volunteers have continued to offer the telephone befriending service to older residents in the Redcar and Cleveland areas. As covid restrictions were eased, some garden visits have been possible along with home visits as long as all covid restriction were adhered to.

Volunteers have also assisted Age UK Teesside staff at weekly walks in Locke Park, Redcar and Marske areas.

The walks have proved useful in meeting old and new friends in an outdoor space and enjoying a coffee and a chat. On most weeks one of our volunteers has provided musical entertainment and each week takes music requests for the following week's get-together. Request have ranged from Elvis, the Stranglers, Neil Diamond, Bruce Springstein, Frank Sinatra and the Bay City Rollers. There is something for everyone's music taste.



Everyone is welcome at the walks no matter their ability. There are short walks, long walks, or simply come along for a chat, a coffee and enjoy the outdoors.

**For more information on the walks please contact Debbie on
07718125013**

Redcar & Cleveland Befriending *Service*

One of Redcar's volunteers, Lyndsey Wileman, celebrated her 40th Birthday in March. To celebrate, she completed a run of 40 plus miles raising funds for Age UK Teesside. Lyndsey started volunteering a couple of years ago for AGE UK Teesside. She has supported her lady client all the way through lockdown with telephone calls and covid secure visits, offering reassurance, companionship and a friendly voice in challenging times for all of us.

Age UK Teesside are always looking for new volunteers to help support the ongoing work that is taking place in the local areas.



Age UK Teesside's Walking Groups Redcar & Cleveland

Locke Park

FRIDAY

10:30 am - 12:00 pm

Please meet at Locke Park coffee shop*

Marske Walk

MONDAY

10:30 am - 12:00 pm

**Please meet in the square outside
Coopland's Bakery and Cooper's Chemist***

**For more information or to sign up, please
call Debbie on 01642 80 55 00**

***All walks are weather permitting; if
you are unsure, please call first to
check a walk is going ahead.**



If you have a couple of hours to spare and want to know more about the opportunities and benefits of volunteering please contact Sandra on: 07921464114

Redcar & Cleveland Extended Service

Jim's Journey

Jim joined our Extended Service in December 2019, when Lockdown began, he received a letter instructing him to shield.

As all staff were instructed to work from home, Jim received weekly welfare calls and support from us to ensure that he received his allocated Government Food Parcels as he had trouble registering himself by phone or online.

On the 4th August, Debbie went out to visit Jim and finally meet him and they had a long chat on his doorstep. Debbie explained to Jim that we were looking at ways of bringing people together socially within the current restrictions.

Community Stepping Stones Redcar were able to set up a social group within Redcar Rugby Club starting on the 24th August from 10.30am – 12pm. We joined up with them and offered our clients the opportunity to meet up safely within a controlled setting. Jim attended regularly and really enjoyed meeting old friends and meeting new people. Unfortunately due to the Tier system then put in place by the Government the group had to stop meeting.

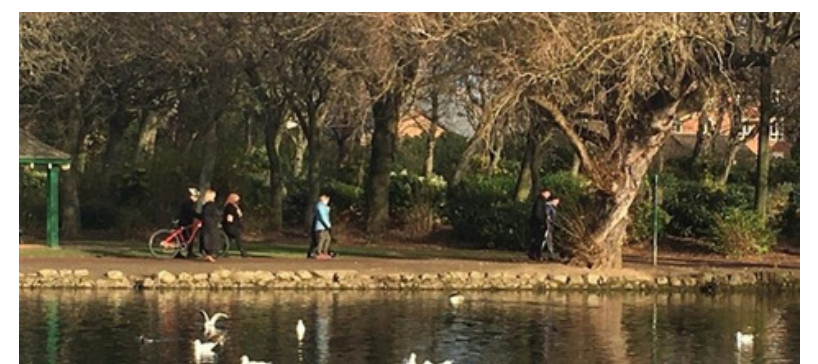
As Jim's birthday is in October Sandra, Befriending manager, went to visit Jim, taking him a card and some chocolates which he really appreciated.

November found us in a Tiered Lockdown which meant that as an organisation we could run controlled walking groups with a limitation of 15 people per group. We acted on this and set up a walk in Locke Park, Jim came along and thoroughly enjoyed being able to meet up with everyone. We had our last walk of the year on 10th December and Debbie visited Jim on the 17th to deliver some Christmas treats.

We found ourselves in a full Lockdown at the beginning of January so our walks had to be cancelled. Jim then found himself shielding once again and he was then matched up with Dot one of our Befriending Volunteers, she now rings Jim weekly and he really appreciates the calls.

Thankfully, walking groups resumed in February; subject to the success of the vaccine rollout and Covid Restrictions we hope to continue to develop opportunities for people to meet up and socialise, and in turn to continue to offer clients like Jim our support.

For more information, please contact Debbie on 07718125013



Carer's Support Services

Time Out

If you are aged 18+ and live in Redcar and Cleveland you may benefit from our Time Out Service if you care for another adult.

The service arranges a volunteer to sit with the person they care for, allowing the carer a break.

The trained volunteer will:

- Visit the cared for in their own home
- Build a safe and reliable relationship
- Provide company and conversation
- Help the carer find activities that suit them
- Signpost the carer or the cared for to other services that can support them

If you would like to make a referral/are interested in becoming a volunteer please contact **Marie Kerr**, Time Out Service Co-ordinator on: **07834 181 190**

Time For You

Are you a carer aged 50+ living in the Middlesbrough area?

Do you sometimes feel that you have limited time to yourself?

To attend appointments, go shopping, meet with friends or attend social activities?

We can offer:

- Our free service for a befriending volunteer to visit your loved one / cared for at home
- The volunteer can sit with your loved one, have a cup of tea or coffee and have a chat
- Provide a friendly, listening ear
- Give you the opportunity to have time for yourself
- Provide information and offer the opportunity to access other services in your area

For more information please contact **Helen Metcalfe** on:

01642 805500 or email helen.metcalfe@ageukteesside.org.uk

Carer's Support Services

HELP YOURSELF WHILST HELPING OTHERS

Back in October 2019, we received a referral for carer, Mike, under our Time Out project. The project provides befriending to the cared for, allowing carers a break to do something that they enjoy. Whilst speaking to Mike's partner, Yvonne, Mike overheard that the project relied on volunteers and asked for more information. He approached us saying that he would like to do something useful with his free time from caring. Mike explained that he had worked on the railways and for the Gas Board and really missed meeting new people.

Whilst we provided a befriender for Yvonne, Mike was interviewed and went through the training programme to become a volunteer. Mike's first client was Dennis. Due to the pandemic, Mike could only chat over the phone, but Dennis was grateful for his weekly chats. This continued throughout Dennis's hospital stay, Mike being one of the last people to talk to him before he passed away. Mike said "it was a privilege getting to know Dennis, he reminded me so much of my Dad".

Mike has now befriended 6 people in total, some leaving the service as their care needs increased, others moving into long term care. Mike says "I have met so many interesting people and I do it because I get so much enjoyment out of it...it not only helps others but helps me too. I have a sense of purpose and know that a chat once a week makes some one feel valued, but it also makes me feel valued too as I know I make someone feel a little less lonely.

Mike is also a regular at the Age UK Teesside walks with his dog Rockie: "Volunteering with Age UK Teesside has given me a new lease of life and I have made so many friends. It certainly is a two-way street, I'd recommend it to anyone"

If you would like to make a difference to another person in your community, come and find out more at our Volunteer Recruitment Event, Age UK Teesside, TAD Centre, Ormesby Road, Middlesbrough TS3 7SF, 3rd June 2021 from 1pm to 3pm. or ring us on 01642 805500 to find out more.

Power of Attorney

A lasting power of attorney (LPA) is a legal document that lets the donor appoint one or more people (known as 'attorneys') to help them make decisions or to make decisions on their behalf. This gives the donor more control over what happens to them should an accident or illness inhibit their own decision making (i.e. lack of mental capacity). A donor must be 18 or over and have mental capacity at the time of making the LPA.

There are 2 types of LPA: Health & Welfare and Property & Financial Affairs. You can choose to make one type or both.

The donor can choose one or more people to be their attorney. If multiple attorney's are appointed, the donor must decide whether they will make decisions separately or together.

An attorney needs to be 18+ and could be:

- A relative
- A friend
- A professional, for example a solicitor
- The donor's spouse or partner

Costs are dependent on eligibility for court fee exemption.

*A non-refundable £50 deposit will be required when booking initial appointment.

CALL 01642 80 55 00 TO BOOK YOUR APPOINTMENT



Social distancing will be adhered to during appointments and staff will wear appropriate PPE.

