

# Age UK Teesside Newsletter

Jun - Jul 2021

Innocent have been putting little hats on bottles in support of Age UK for 17 years. That's all thanks to heroic volunteers stitching thousands of bobble dazzers year after year. Hats will be back on bottles at the start of 2022, but you don't need to wait to get started, as we're taking deliveries of your woolly wonders as we speak. Every hat is important, whether it's as neat as a pin or as homemade as a pasta portrait. Knit one, knit loads - you'll be making a huge difference either way, then drop your hats into your local Age UK - that way all the money your hats raise will go straight to your local centre.

Age UK Teesside have a target of 1500 little hats and we're already past the halfway point with 805 hats donated by talented knitters but we still need more of your crafty creations.

To donate, call Tina on 01642 80 55 00



thank  
• Y • O • U •

*to everyone who  
has already  
donated.*



# Jellystone Journals

When Age UK Teesside launched their project in Jellystone Park, Rekindle leader Steve Thompson created a blog to document the journey. Several of our Rekindle members have been putting their new digital skills to use by updating the blog, which covers Jellystone Park, Nature's World and Stewart park. Here's the latest blog post from writer David Kelly:



## **Birth of Jellystone.**

**July 15, 2021 David Kelly**

I was born a stones throw from Jellystone gardens during the war, my father was in Burma at the time! The area was very smart with houses whose gardens were massive far too big for most residents. In time these gardens became neglected. The council decided to improve the area and Jellystone was born. To find it is not easy but hopefully it will be well worth a visit when it becomes more established. The intention is to make a garden of small allotments and a meeting place for social occasions.



**To stay up to date with the progress of our Jellystone project and read all of the blog posts, visit:**

**[www.jellystonegardens.co.uk](http://www.jellystonegardens.co.uk)**





# *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

## *Age UK Teesside supporting Carers Week with a Picnic in the Park*

Picnic in the  
Park,  
Stewart Park



**Stockton-on-Tees**  
BOROUGH COUNCIL



# Better Health Better Wealth





# **Age UK Teesside's Walking Groups Timetable - Stockton**

**10.30am - 12:30 pm**

## **Monday**

**August 16th**

**Tees Barrage**

**August 23rd**

**Ropner Park**

**September 6th**

**Acklam Hall**

**September 13th**

**Fairy Dell**

**September 20th**

**Yarm Town Hall**

**September 27th**

**Stewart Park**

## **Thursday**

**August 12th**

**Hemlington Lake**

**August 19th**

**Wynyard Woodland  
Park**

**August 26th**

**Yarm Town Hall**

**September 2nd**

**Preston Park**

**September 9th**

**Stewart Park**

**September 16th**

**Ropner Park**

**Please meet in venue car park; all walks are weather permitting; if you are unsure, please call first to check a walk is going ahead.**

**\*For Fairy Dell walks, please meet in Coulby Newham, Tesco car park.**

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



# 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**

## Groups/Activities

Due to resume

Dates to be confirmed

Indoor Bowling

Monday

10.30am – 1.30pm

Grove Hill Community Hub

Friday Friends

Fridays

1pm – 3pm

Woodside Resource Centre

Cavendish Rd

Off Marton Rd opposite JC.

Hospital

## 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**



# *Friday Friends*

1.00pm - 3.00pm

Starting FRI 6th Aug 2021

Woodside Hub, Cavendish Road,  
Middlesbrough TS4 3EB



Come and join the Phoenix Project for a weekly social afternoon.  
Places are currently limited to 8, so please book early  
Free refreshments available

Call Tina on  
01642 805500/07834181188



## *Jellystone Garden*

On the corner of Easson Street/Eden Street Grove Hill  
A safe space to enjoy some gardening or to enjoy  
some social time

Tuesday 10am - 1pm.

Contact: Tina / Paula 01642 805500 for more details







# 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

**Twitter:** GISPromotions

**Instagram:** gispromotions

**You Tube:** Zumba With Glyn

**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?

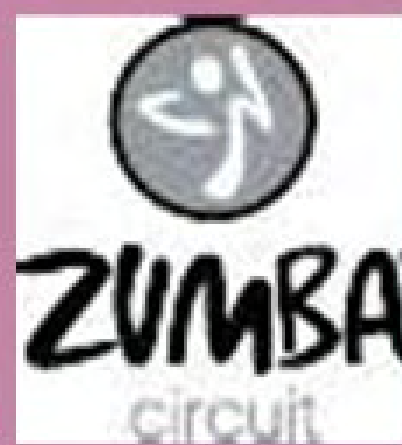
If you are then why not join our Zumba classes provided **FREE** through Sport England, The National Lottery & AGE UK—Teesside!



### Zumba Gold - Seated

Tuesdays

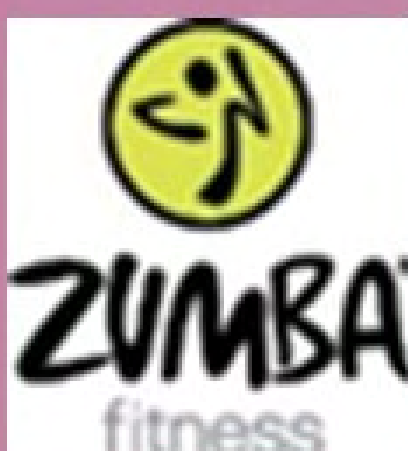
11.00am - 11.45pm



### 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:** glyn.s.zumba.com **E-Mail:** gis.training@yahoo.co.uk

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# Middlesbrough Befriending Service

## Over 60's Pop in at the Pop Up Cafe

People sixty plus are being encouraged to attend the new Connections Café, located on the main mall, at the Parkway Shopping Centre, Coulby Newham.

The community shopping centre has set up the café in partnership with charity Age UK Teesside to help people re-establish friendships and make new ones.

With record numbers of loneliness and isolation of our older people being documented since the covid pandemic, the café has already been hailed a success after the first pop up café took place on Monday 28th June.

The café will now run EVERY LAST MONDAY in the month from 10.30am - 12.30pm, offering people a free, safe and supportive space to catch up with a cuppa.

Age UK Teesside will also be on hand offering customers sign posting to services and information that could be useful for people aged over 60, on topics such as digital, welfare/benefit advice, social activities and befriending

Zoe France, Centre Manager explains: "We hope the café will be a valuable resource for our older shoppers."

Many people are feeling lonely especially after the past year and may have lost touch with others. By giving them a safe, warm and friendly area where they can meet like-minded people and receive up to date information, we are sure our shoppers will enjoy being a part of it.

Paula Taylor, Age UK Service Manager said that "the café will offer the opportunity for people to pop in for a chat and access a range of services in a 'one stop shop style'. Most importantly, Paula says "is the opportunity to access a space to meet and connect with others, as well as finding out what else they can get involved with locally".



# Veterans Social Group

First Tuesday of every month

Starting 3rd August 2021

1.30pm - 3.00pm

Social group for over 50's

Tea, Coffee, Quizzes and more

Only 50p a session

The Co-Op Funeral Care Building

Millfield House

99-109 Norton Road

Stockton, TS18 2BG



To express your interest, or for more information, please contact Gill or Helen on 01642 80 55 00

**PARKWAY**  
**POP-UP**



## Connections Cafe

**Last Monday of the month\***

**10.30am-12.30pm**

**\*August's meetup will be held on the 23rd due to the Bank Holiday**

AUKT in partnership with the Parkway Centre launched 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+

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





# Middlesbrough Befriending Service

Middlesbrough Befriending Service continues to provide much needed social interaction and a friendly face to those for whom social contact is lacking. The 1:1 befriending provides a regular friendly face for clients to interact with and look forward to volunteers regular visits and contact. Additionally the service is branching out to provide opportunities for individuals to meet socially in a safe space within the community. Alongside attending any of the Phoenix social groups people are encouraged to pop along to Jellystone Park on a Tuesday- for a cuppa and a chat. Members of the team are available at the Connections Café in the Parkway Centre as well as within in Woodside Hub on Cavendish Road, each Friday.

We have been working with MFC Foundation and over the last few months clients have received a free cooked dinner, delivered by the Foundation, each month. This generous offer has enabled a large number of Middlesbrough residents to engage with AUKT and MFC Foundation and have a nutritious and nourishing meal delivered on a regular basis. We would like to thank Charlie Bell and Sean Mackin from the Foundation and the team of chefs and delivery drivers for the outstanding service.

If you or someone you know would like to find out more about befriending or wish to make a referral to the service:

Call Paula Taylor for more information on:

**01642 80 55 00**



  
**Middlesbrough**  
moving forward



# Redcar & Cleveland Befriending Service

The Redcar Team has a new home

After we returned from lockdown, the Redcar team joined the main office in the TAD Centre while we looked for new premises. Sandra, Marie and Debbie will be missed from the Middlesbrough office, however, they are most needed in the Redcar area with their service users.



To contact the Redcar team:

**Marie Kerr, Time-Out Project Coordinator - 07834 181 190**

**Sandra Blades, Befriending Co-ordinator - 07921 464 114**

**Debbie Wilson, Extended Services - 07718 125 013**

**Room 107, The Innovation Centre, Vienna Court,  
Kirkleatham Business Park, Redcar. TS10 5SH**

## NEW GROUPS IN REDCAR & CLEVELAND

### IT'S JUST NOT CRICKET

Meets at Marske Cricket Club, Windy Hill Lane, TS11 7HB; every Monday between 2pm and 4pm.



### COFFEE AND CHAT

Meets at Morrisons café, Guisborough; every Wednesday between 10.30am and 11.30am.





# Redcar & Cleveland Extended Service

## WALKING GROUPS

Every Monday morning meeting in Marske square outside Coopers Chemist for 10.30am.

Every Friday morning meeting in Locke Park Redcar by the Boat House for 10.30am.

We restarted our organised walks on the 19th February with our Friday morning walks in Locke Park. We had 15 attendees on that day and our numbers have steadily built up with an average weekly attendance of 25 people. We have a mixed group consisting of clients, volunteers, paid carers bringing clients and family members bringing their cared for relatives and numerous dogs. We have three choices of walks, a long walk around the circumference of the park, a shorter walk around the edge of the lake and a stroll for less able clients. We ensure that a volunteer or staff member heads up each walk.

We then started a walk in Marske on 1st March on a Monday morning meeting in the town centre. We have an average of 15 attendees currently and we are slowly building up our numbers. We offer two choices of walk, a long walk that takes in a stretch of the beach which is very refreshing and a shorter walk through the various quirky little streets in Marske.

Once each walk is completed, we all congregate at a central point where we get a coffee or tea and socialise and chat to each other. We also are very lucky to have Terry one of our volunteers to entertain us. He has an Ambox which plays all types of music, and he brings it along and creates a really fun atmosphere.

We have celebrated birthdays and anniversaries with specific requested songs and our walkers have really enjoyed the company and the variety each week. We have used our Locke Park meet up to highlight nationally themed weeks:





## The Mental Health Foundation Mental Health Awareness week: 10th – 16th May 2021



We were encouraged to Connect with Nature to help to improve our mental health by taking in our surroundings and appreciating our Natural World.

At the beginning of our Locke Park walk on May 14th we encouraged people to take in the beautiful surroundings and wildlife and to consider fellow walkers and check in to see if they are ok. We also had a visit from Lucy who is one of our volunteers and also a Community Champion for Morrisons Redcar. As Morrisons were rolling out their Seeds of Hope project to encourage people to look ahead with positivity and hope, Lucy brought along sunflower seeds and gave them out to our walkers for them to plant. We also gave out cards for our clients to fill in with their “seeds of hope” and views on the benefits of our walks. We received wonderful poems and some lovely quotes:

“These walks helped us to get out of isolation and meet new friends”

“The walks have helped me to move forward and think positively and take every day as it comes and support others along the way”

“Walking through nature is uplifting both for the mind, the body and also for the soul”

## Volunteers Week: 1st – 7th June 2021



As part of our meet up on June 4th we celebrated the amazing contribution that our Volunteers make to our services across Redcar. At the beginning of our walk, we highlighted the work being done by our volunteers as well as the wonderful clients that have benefited from their support whilst making the “two-way street” such a positive experience for our volunteers.



Once we had all gathered for coffee Terry entertained us with a variety of tunes whilst Marie (Age UK Teesside's Time Out Coordinator) gave out beautifully wrapped bunches of yellow flowers, donated by the Community Champions of Morrison's Redcar and Guisborough. Yellow represents friendship and we wanted to say "thanks a bunch" for everyone's help especially through such a difficult year.



**Carers Week: 7th - 13th June 2021**

At the beginning of our meet up on June 11th we highlighted National Carers week and said that we wished to recognise the role of carers within our community made up of informal carers and paid carers and also the level of care that we as a group have offered each other during such a challenging time. Marie then went on to share some facts and statistics about carers and in particular the number of elderly carers who are actively caring.

Once we had completed our various walks we congregated for refreshments and music, and everyone was offered a cake kindly donated by Sandra our Befriending Coordinator.

**Loneliness Week: 14th - 18th June 2021 - Public Health have recognised the serious impact that feeling isolated can have on a person's Mental and Physical Health**

On the 18th June we shared with our walkers that it was National Loneliness week and then acknowledged how loneliness and isolation have affected us



all over the past year and that the impact on our clients has been particularly concerning. We then celebrated the value of our walking groups and how they have broken isolation for many people and have provided new friendships and lovely companionship. One of our volunteers very kindly put together a collage including a photo of each walk member and they all received a colour copy each as a keepsake to remind them of how much we have all pulled together.

### **Health Benefits of our Walks:**

Our walks have proven beneficial to improve both the mental and physical health of our attendees. We have created an inclusive environment that openly accommodates all abilities. The walks help to improve mobility and physical wellbeing and each walker will choose the walk that they feel that they can manage on the day. As the weeks have progressed, we have seen people become able to increase the distance they can walk which really boosts their confidence. We have a gentleman who has a heart condition, and he says that he did not feel confident walking alone but as part of a group he has really improved his mobility and he now feels much better. We also have a lady who is recovering from cancer who initially could only walk a very short distance and now with the benefit of good company and a lot of encouragement she can now walk for an hour.

As previously cited the effects of isolation and loneliness have caused many people to suffer with mental health issues especially through the lockdowns. Our walk meetings have given people the opportunity to initially “get out of their homes” to meet up with others and socialise and to share their feelings. We have had very positive feedback from many of our regular walkers who say that our walks have made them feel much happier and more positive and that they really look forward to coming each week. There are some lovely new friendships forming and people are meeting independently and keeping each other company either walking or catching up for a coffee.

**The Extended Service groups aim to help anyone aged 65+ years, living in the Redcar and Cleveland area, to access their local communities.**



# 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?

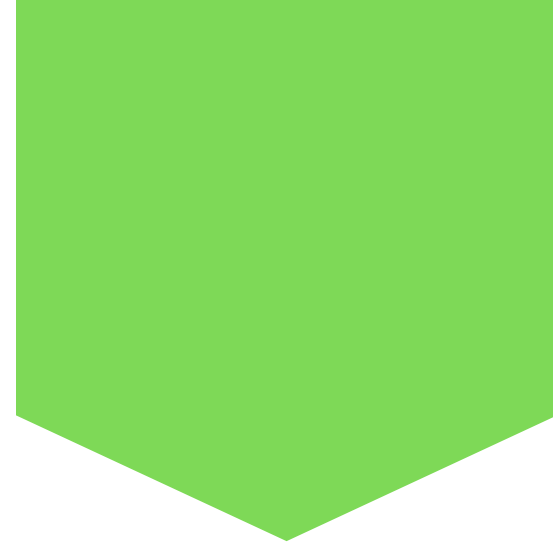
We can offer:

- 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**



# *Time Out*



## WHATS IT LIKE HELPING CARERS AT AGE UK TEESSIDE?

The main aim of the Time Out project is to give someone a break from caring. We match one of our fabulous volunteers to the cared for, basing each match on common interests, work experience or similar hobbies. Through weekly visits the bond between the volunteer and the cared for grows and friendships form.

The last year or so has been difficult for the project with many volunteers reverting to telephone calls (where possible) as many of the clients are classed as clinically vulnerable. Our walks in Marske and Redcar were a great place to meet up and many of our volunteers met their client face to face for the first time.

Many applying to be a volunteer are a bit worried about being matched to someone with care needs. The fact is though, that most of our clients have care needs which is sometimes a reason why they have become isolated or lonely. Each client referred is assessed by the Time Out Coordinator to make sure that volunteers can concentrate on being companions.

Being a carer is tough. It can have an impact on the relationship you have with the person you care for as more and more care is needed. Conversations can get limited to talking about care or health: when's your next appointment? We must get in touch with the GP about your medication? I must chase that referral up to Physio etc.

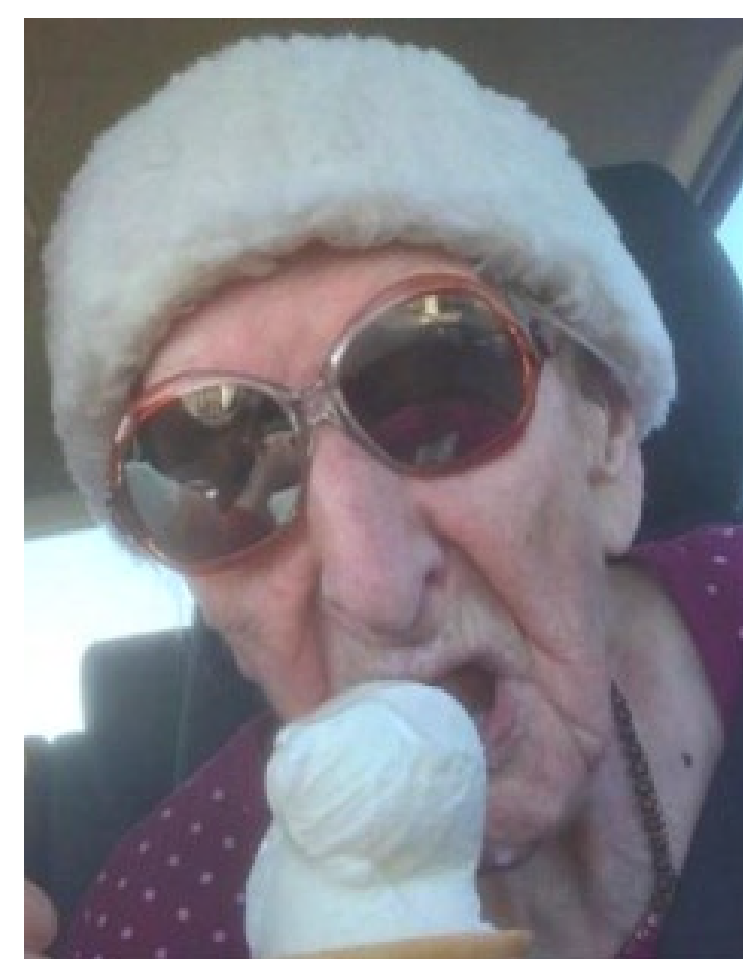
By placing a volunteer with the cared for, they get to chat about other things. They can reminisce and have a new person to talk to. It can breathe new life into both the cared for and the carer and when they are back together they have something, other than appointments, to talk about.

Our Time Out Volunteers have been amazing throughout the last year but we need more people to help more carers. Hopefully the following will inspire you:



## JAYNE AND GLADYS

Jayne works in retail but gives up some time every week to visit Gladys who lives with her granddaughter and has few friends because she has out lived many of them. At 101, she still wants to get out and meet people. Jayne has taken Gladys for drives out, coffees and ice creams. Jayne loves Gladys' company and the stories she tells about growing up. By having her own friend and having time out herself, she has had more to talk to her granddaughter about and it has really helped their relationship.



## ALEX AND RONNIE AND PAT

Alex visits Ronnie and Pat. Both are in their 90s and Pat is Ronnie's main carer. With family living so far away, Alex visits them both on a regular basis. At the moment they are going through their photo albums as both are very well travelled. Alex loves talking to Ronnie and looking through the albums conjures up old memories and conversations.



## TERRY AND JEFF

Terry is a writer and is matched to Jeff who also writes poetry. They also found out that they had both worked as taxi drivers and in finance. Terry first met Jeff in one of our Zooms, having talked to him for a long time on the phone. The talking has really helped Jeff improve his speech which had been affected by a stroke. Both have now become firm friends, allowing Jeff's wife some time to go and meet with her friends.



Whether you are a gas fitter, dog trainer, shop worker or postie...if you love people, you will love volunteering with us. If you would like to help people who care for others in Redcar & East Cleveland, please get in touch with the Coordinator, Marie on 07834181190



# 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**



Age UK Teesside  
Dorothy Rose Suites  
The TAD Centre  
Ormesby Road  
Middlesbrough  
TS3 7SF

[www.ageuk.org.uk/Teesside](http://www.ageuk.org.uk/Teesside)  
[enquiries@ageukteesside.org.uk](mailto:enquiries@ageukteesside.org.uk)  
01642 80 55 00

**Thank you for supporting Age UK Teesside**

## **Donations Wanted**

Are you storing items you no longer want but don't know what to do with them? Help a good cause and donate your preloved clothing, shoes, accessories and bric-a-brac to your local Age UK Teesside.



**Call 01642 80 55 00 to arrange a collection/drop-off**

### **Items we accept:**

Clothes, shoes & belts

Books, vinyl, cd & dvd's

Soft furnishings

Curtains & throws

accessories & jewellery

Computer games

Bric-a-brac, China &

Vintage

Toys & Board Games

