

Age UK Teesside Newsletter

Aug - Sep 2021

Thank You Great North Run Participants



This year's Great North Run took place on September 12th, with a group of dedicated runners taking on the challenge for Age UK Teesside. We would like to congratulate and thank all of the participants who chose to raise funds in support of our charity; you're all amazing!

One of our runners, Wasim, took the challenge in honour of his wife and had this to say:

"This race was meant to be run by my wife last year but it was cancelled due to COVID and now we are expecting a baby in a few weeks.

She passed her place in the run to me and with less than 8 weeks in training I was determined to complete this challenge for her, our unborn baby and beautiful daughter. The idea of setting an example for my daughter was the biggest motive that carried me to the finish line."



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**BORO
MAN
CAN**

**Mindfulness Course
for men**
8 weeks on-line
6.30pm - 8.30pm
Wednesday 6th October

Learn skills for reducing anxiety and improving a sense of wellbeing. If you can commit to learning a new skill with attendance and home practice then this might be for you.

Mindfulness meditation and conversation for any man in the Teesside/Cleveland area.

For more info and booking visit:



<https://www.focusdaytraining.co.uk/mindfulness-for-men>



Befriending Week

1-7 November 2021

Celebrates Everything

#BefriendingIs



 Befriending
Networks

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.

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

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



Stockton-on-Tees
BOROUGH COUNCIL

Age UK Teesside's Walking Groups Timetable - Stockton

10.30am - 12:30 pm

Monday

October 4th

Hemlington Lake

October 11th

Ropner Park

October 18th

Tees Barrage

October 25th

Stewart Park

November 1st

Yarm Town Hall

November 8th

Preston Park

Thursday

October 7th

Fairy Dell

October 14th

Yarm Town Hall

October 21st

Preston Park

October 28th

Fairy Dell

November 4th

Ropner Park

November 11th

Tees Barrage

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.

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



Friday Friends



Phoenix Walking Group with volunteer John Hirst

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

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



Phoenix Afternoon Social

Grove Hill Group

1st Tuesday of every month

Starting Tuesday 2nd November

2.00pm - 3.30pm

Grove Hill Community Hub

Bishopton Rd

Middlesbrough

TS4 2RP

Marlon Group

4th Tuesday of every month

Starting Tuesday 26th October

2.00pm - 3.30pm

Marlon Community Centre

Cypress Rd

Middlesbrough

TS7 8PZ

Age UK Teesside's Phoenix project is launching new Afternoon Social groups. Call in for a cuppa, a chat and make new friends in a safe space. To book a place, or for more information, please contact Tina Bonner on 01642 80 55 00



Singing for Wellbeing

Last Friday of every month

Starting Friday 24th September 2021

10.30am - 12.00pm

We are launching a new monthly singing group called Singing for Wellbeing. These sessions will be run by Paula Odell, who previously ran our Zoom sessions, Sing Sing Sing. Come along and enjoy a sing-a-long session.

This is a group for those aged 50+

Woodside Community Hub (Resource Centre)

Cavendish Road

Middlesbrough

TS4 3SR



- To express your interest, or for more information, please contact
- Tina Bonner on **01642 80 55 00**

Middlesbrough Befriending Service

Befriending doesn't have to be 1:1 and take place in people's homes. At AUKT we offer a number of opportunities for befriending to happen in a more 'neutral' environment.

We currently offer monthly cafes at Morrison's in Berwick Hills and at the Parkway Shopping centre in Coulby Newham where we offer a safe space for people to come together, have a coffee and a chat and hopefully engage with others. Additionally we have space on a Friday morning at Woodside Hub for people to access a range of 'wellbeing' events aimed at bringing people together and sharing a safe social space.

Alongside this offer, the Phoenix project runs a number of social activities which are very much about offering people opportunities to come together and to start to socialise. Many people come along to the sessions initially on their own and enjoy the company of others and soon become friends. From this we have had lots of new friendships develop and people meeting up independently for coffee and walks out.

Befriending, whether it be on a 1:1 basis or in a more informal environment has lots of benefits. It increases individual confidences and the moral support can reduce anxieties around going back out to activities etc.

By supporting individuals to build new (and rebuild old) friendships can prevent loneliness and isolation. Encouraging clients to go out not only improves physical health but having someone to talk to, making new friends and getting out more often contributes to increased emotional well-being.



Middlesbrough Befriending Service



At AUKT we very much see the individual as the centre of any intervention and are able to provide a tailored approach. Whether that be introducing a volunteer befriender for a period of time to enable individuals to get out and about, or for longer term support for those who are unable to go out - to providing access to activities and events, or a blend of approaches, we can accommodate all.



For information about the service or chat about getting involved as a volunteer, please call **Paula on 01642 805 500**

CONNECTIONS CAFE



First Monday of the month
10.30am-12.30pm

Age UK Teesside are launching a second Connections Café, to be held in Morrisons Café. 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+

starting

Monday 6th September

Morrisons Cafe

Ormesby Road, TS3 7SF

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



**PARKWAY
POP-UP**



Connections Cafe

Last Monday of the month*

10.30am-12.30pm

AUKT in partnership with the Parkway Centre have 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 TESSIDE ON
01642 80 55 00**

Rekindle



Rekindle is a digital inclusion project aimed at helping people over the age of 60 in Middlesbrough gain the confidence and skills to use digital platforms to enhance their lives.

The project aims to tackle the issues of loneliness and isolation and improve wellbeing. Rekindle can help absolute beginners as well as people who have made a start and got confused.

The project can provide group sessions in a social setting or one to one support. Rekindle can also provide advice on purchasing a digital device and help to set it up or reset a device that's no longer working.

Advice on home and community connectivity is also available.

For more information, please contact

Steve Thompson on:

01642 80 55 00

steve.thompson@ageukteesside.org.uk

The logo for Middlesbrough, featuring three stylized orange arrows pointing upwards above the text 'Middlesbrough' in blue and 'moving forward' in orange below it.
Middlesbrough
moving forward

Redcar & Cleveland Befriending *Service*

Are you aged 65+ and live in Redcar and Cleveland? Do you live alone, have little or no contact from family and friends and have difficulty accessing social groups? If yes, our free Befriending Service can arrange for a volunteer to:

- Visit an older person in their own home
- Have a friendly chat over a cup of tea / coffee
- Offer friendship and a listening ear
- Accompany clients on short walks, outings or to local social activity groups

To access this service, please contact a member of the Redcar team for more information.

Volunteer Training



The Redcar Age UK Teesside team moved to new offices at Kirkleatham in June this year. The new office building was the venue for an event that brought established and

new volunteers together for an induction and support event on the 26th of August. During COVID restrictions and lockdown period, all new volunteers had completed an on-line induction. The easing of those restrictions provided the opportunity to bring people together to meet up and consolidate their training. On the morning of the 26th, eleven new volunteers attended.

The team arranged for an outside speaker, Tim Blades, a retired police inspector from Cleveland Police to deliver the safeguarding training

A buffet lunch was provided, and this was followed by our established volunteers attending an afternoon session to share ideas, reflect on challenges and explore new ideas moving forward. The discussions focused on how to recruit more volunteers into the team to support older people in the Redcar and Cleveland area.

The Redcar team is always looking for new volunteers so if you are interested in becoming a volunteer for Age UK Teesside, please get in touch.

Sandra - Befriending co-ordinator: 07921 464114

Marie - Time Out co-ordinator: 07834 181190

Debbie Wilson - Extended Services co-ordinator: 077718 125013

Redcar & Cleveland Befriending *Service*

Drop-In Cafe in Guisborough

The Redcar Age UK Teesside team has a new drop-in scheme operating in Guisborough.

On Wednesday mornings between 10.30am and 11.30am, the Redcar team has a table reserved in Morrisons café where you can come along, have a cuppa and an informal chat. It's a good way to meet up, make new friends and find out what is happening in the local area.

The main aims are to help people get out and about in the community, offer support, build confidence after the period of covid isolation, and make new connections to develop friendships.

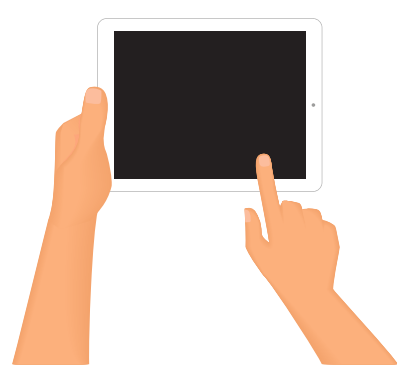
This event is free to attend so why not pop along and join us?

For more information, contact Debbie Wilson on 07718 125013



ITS JUST NOT CRICKET:

Social group with digital support available—bring your iPad or phone



Marske Cricket Club,

Windy Hill Lane TS11 7HB

Every Monday, 2pm - 4pm



Redcar Walking Groups

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
Cooplund's Bakery and Cooper's Chemist*

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

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

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**

Smart Meters & Warm Homes

There's a lot of talk about Smart Meters at the moment and it can be hard to know what to believe.

With funding from Smarter Energy GB - Age UK Teesside are here to help you understand how you could benefit. Age UK Teesside are here to help explain the benefits and dispel the myths about changing to a Smart Meter. When it comes to understanding Smart Meters...you can end up feeling, less than smart. We are working to ease doubts and show the benefits that Smart Meters can offer you and your home.

What a Smart Meter can do for you....

For starters, they put an end to estimated readings - so you only pay for what you actually use.

Pre-payment customers can track and top-up credit without leaving home. Smart meters are great for you and your home and the benefits of getting one installed does not just stop at your 4 walls.

You see...if you get a smart meter, you will help to make the entire energy system smarter - and play a part in reducing the waste of energy.

So if you have any questions or would like a home visit about how they work or why you need one talk to Age UK Teesside.

If you would like a home visit or need more information please call - 01642 805500

As winter sweeps in, older people are at risk of Fuel Poverty and worsening health problems. Protect yourself or a loved one with free equipment and advice on keeping warm.

Are you/do you know anyone over 65, living in a cold home or has a long term health condition? If so, the Warm Homes programme can help them stay warm in the winter.

As part of the Warm Homes programme, you can receive a free home energy check.

Our trained Home Energy Advisor will discuss your home energy needs over the telephone or face-to-face. A handyman can then come to your home and install free energy efficient equipment, such as light bulbs and reflective radiator panels to help make your heating more efficient.





A GIANT OF A PANTOMIME

**Yarm Fellowship Hall West Street, Yarm
Monday 27th December 2021 @ 2pm
Tickets Adults - £10.00
Children under 16 - £6.00
Available from pjm2512@gmail.com
Or Telephone 07758256813**



COVID Communications

Project Restart Long Covid Rehabilitation and Prevention Program

Is a unique, blended 12 week wellbeing program brought to you by Middlesbrough Council and South Tees Public Health. The program has been designed to support individuals who may be either still suffering from after effects of Covid, commonly known as Long Covid. These conditions may be but are not limited to chronic fatigue, breathlessness, aching muscles, brain fog (COVID-19: long-term health effects - GOV.UK (www.gov.uk)) OR for those who may be at increased risk of contracting Covid-19 and having a worse recovery e.g. Those with a BMI over 40, Diabetes, Coronary Heart Disease, and limited mobility.

How will I be supported?

On day one you will be met by our Multi-disciplinary team who can support you with any general concerns you have following lockdown and if needed, can signpost you to the appropriate support network i.e. employment/financial support, Addiction support, Stop Smoking service, wider exercise/wellbeing network, LGBTQ Support, Sexual Health etc.

At the first face to face session;

1. We will complete a full assessment of your starting point and will provide guidance and instruction on how to access the future remote materials as well as providing coaching tips on the practical session.
2. You will be provided with a tailored, progressive exercise program which can be accessed online or a hard copy of the session can be provided.
3. Your assigned Mentor will call you for regular support and review of your progress on a weekly basis. The Mentor will discuss the best methods of increasing activity levels for you in your daily routine and will assess your progress and discuss any concerns.

Remember that physical activity does not have to be in a gym and can be done in the home, garden or on the beach!

Do I have to come in to the centre?

Ideally sessions 1, 6, (potentially 8) and 12 should be completed face to face. We have after late night sessions if you are employed or have other commitments.

If you are worried or unable to attend face to face sessions, we can complete the program on a fully remote basis if you have access the appropriate technology and we will also assist you in learning how to get the online content.

Is this not just another exercise program?

No, the sessions during the 12 week period are free of charge and you will also have additional access to a range of sessions such as Tai Chi, Pilates, Chair Based and Aerobic based sessions to support you.

COVID Communications

Who can participate?

Those recovering from Covid and may be presenting with ongoing Long Covid symptoms such as

Chronic fatigue, breathlessness etc. (see link for full details:- COVID-19: long-term health effects - GOV.UK (www.gov.uk) as well as those found to be at higher risk of contracting the disease and have conditions such as Diabetes, Hypertension and have a BMI of above 40.

Currently those who are deemed clinically vulnerable may not be able to participate in this program - see link for further details. Those who are not deemed as clinically vulnerable Who is at high risk from coronavirus (clinically extremely vulnerable) - NHS (www.nhs.uk)

Can I refer on behalf of somebody else?

Yes, you can refer as a Social Prescriber or Health Professional and highlight this on application.

Great! How do I get started?

There are a number of ways of how you can sign up - whichever suits your circumstances;

Firstly you need to complete the Covid Specific Questionnaire and the Medical Questionnaire. You can do this by

1. Completing the online forms on The Live Well Centre Webpage, clicking the submit button when complete
2. Complete the forms and email them: livewellcentre@middlesbrough.gov.uk
3. Complete the below forms and drop them or post them to the centre In Dundas House, Dundas Shopping Centre, Middlesbrough
4. Or call 01642 727580 and ask to speak to a member of the restart team who will help you to complete the forms over the phone

These assessment forms will be used to assess your suitability for the program. Once received, a member of the team will contact you within 5 working days to discuss the next steps.

All information will be kept strictly confidential and will not be shared with any other parties, without permission to do so.

COVID Communications

Project Restart Form

Please complete:-

I am completing the form on behalf of myself

I am a Social Prescriber/Health Professional and am completing the form on behalf of someone else

I have had Covid Previously and have ongoing symptoms

I believe I am at increased risk of contracting Covid due to inactivity during lockdown or other existing conditions.

Name:

Address:

Tel. No.:

Best time to Call:

Email Address:

Age:

Please complete the questionnaires

COVID SPECIFIC QUESTIONNAIRE

Your health and well-being are of the utmost importance and we are taking measures to keep our sessions safe for our customers and staff. Therefore, anyone coming to our sessions will be screened, and part of our screening process will include taking your temperature when you arrive for your session, and asking the following questions.

Within the last 14 days, have you experienced a new, persistent cough that you cannot attribute to another health condition?	Yes / No
Within the last 14 days, have you experienced a temperature or fever?	Yes / No
Within the last 14 days, have you experienced a loss of, or change to your taste or smell	Yes / No

Within the last 14 days, have you experienced new shortness of breath that you cannot attribute to another condition?	Yes / No
Within the last 14 days, have you experienced a new sore throat that you cannot attribute to another medical condition?	Yes / No
Within the last 14 days, have you experienced new muscle aches that you cannot attribute to another health condition or specific activity such as physical activity?	Yes / No
Within the last 14 days, have you come into close contact with someone who is currently sick with suspected, or Covid-19 (within 6 feet for more than 10 minutes)?	Yes / No

IF YOU HAVE ANY OF THE ABOVE SYMPTOMS, OR IF YOU HAVE BEEN IN CONTACT WITH ANYONE WHO HAS, IT IS IMPORTANT THAT YOU DO NOT ATTEND ANY OF THE SESSIONS. YOU MUST SELF ISOLATE FOR 10 DAYS.

Have you suffered from Covid-19?	Yes / No
Have you experienced any long term symptoms post Covid-19?	Yes / No

IF YOU HAVE HAD COVID-19 PLEASE FOLLOW THE ADVICE BELOW REGARDING RESUMING PHYSICAL ACTIVITY:-

- If you have been symptom free for at least 10 days you can start engaging in physical activity.
 - Guide your return to activity by any symptoms you may have experienced i.e. weakness / fatigue.
 - Breathlessness may continue for some time after Covid-19 even if you are infection free, therefore avoid pushing through any painful symptoms you may be experiencing.
 - Your breathlessness should improve over time, but if it doesn't, or gets worse, seek medical advice.
 - Try not to feel anxious about returning to physical activity, ease yourself in gently and progress gradually. Little and often is a good way to start.
 - Try and breathe fully through the abdomen, expanding the lower and upper chest, and widening the ribcage to avoid dysfunctional breathing patterns.
 - Think about the activities you find difficult right now and what you would like to be able to do in the future, then set yourself small goals
- If you are worried that things just don't feel right, be sure to discuss your concerns with your physiotherapist or GP.

Physical activity readiness questionnaire

(A questionnaire for people aged 15 - 69)

Please complete the questions below to ascertain your current health status and suitability for the program

Regular physical activity is fun and healthy, and more and more people are starting to increase their daily activity levels. Being more active is very safe for most people. However, some people should check with their doctor before they make drastic increases to their activity levels.

If you are planning on becoming much more physically active than you are now, start by answering the seven questions in the box below. If you are between the ages of 15 and 69, the PARQ will tell you whether you should check with your doctor before you start. If you are over 69 years of age and you are not used to being very active check with your doctor.

Common sense is your best guide when you answer these questions. Please read the questions carefully and answer each one honestly: check 'YES' or 'NO'.

Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?	YES	NO
Do you feel pain in your chest when you do physical activity?	YES	NO
In the past month, have you had chest pain when you were not doing physical activity?	YES	NO
Do you lose your balance because of dizziness or do you ever lose consciousness?	YES	NO
Do you have a bone or joint problem (for example, back, knee or hip) that could be made worse by a change in your physical activity levels?	YES	NO
Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart conditions?	YES	NO
Do you know of any other reason why you should not do physical activity?	YES	NO

If you answered YES to one or more questions:

Talk with your doctor by phone or in person before you start becoming much more physically active or before you have a fitness appraisal. Tell your doctor about the PARQ and the questions to which you answered 'YES'.

- You may be able to do any activity you want - as long as you start slowly and build up gradually. Alternatively, you may need to restrict your activities to those which are safe for you. Talk with your doctor about the kinds of activities you wish to participate in and follow his/her advice.

- Find out which community programmes are safe and helpful for you.

If you answered NO to all questions

If you answered 'NO' honestly to all PAR-Q questions, you can be reasonably sure that you can:

- Start becoming much more physically active - begin slowly and build up gradually - this is the safest and easiest way to go about it.

- Take part in a fitness appraisal - this is an excellent way to determine your basic fitness so that you can plan the best way for you to live actively. It is also highly recommended that you have your blood pressure evaluated. If your reading is over 144/94, talk with your doctor before you start to dramatically increase your physical activity levels. PLEASE NOTE: If your health changes so that you then answer YES to any of the above questions, tell your fitness or health professional. Ask whether you should change your physical activity plan.

DELAY BECOMING MUCH MORE ACTIVE:

1. If you are feeling unwell because of a temporary illness, such as a cold or fever, wait until you feel better.

2. If you are or may be pregnant talk to your doctor before you become more active.

I have read, understood and completed this questionnaire. Any questions I had were answered to my full satisfaction"

Name:

Signature:

Date:

Dementia Advice Service

Age UK Teesside's new Dementia Advice Service will offer support and social interaction to those living with Dementia in the Middlesbrough area.

The service will provide:

- Weekly social groups
- Peer support and advice for Carers
- Drop-in sessions offering face-to-face advice
- Telephone support
- Home visits
- Lasting Power of Attorney advice
- Pre-bookable Maintenance Cognitive Stimulation Therapy (MCST) courses
- Monthly meetings at Woodside Hub

For more information please contact
Jean Robinson on:

01642 805500

or email front.office@ageukteesside.org.uk

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

www.ageuk.org.uk/Teesside
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



 **Teesside**
ageUK
Love later life