

Age UK Teesside Newsletter



Oct - Nov 2021

Fundraising events are back!

We are looking ahead to 2022 and the return of our fundraising events. Are you looking for a challenge? Take to the skies or keep your feet on the ground, we have a number of events booked that you can participate in.

Skydive

Are you brave enough to take on a tandem parachute jump?

Entry is £35 per person plus £395 sponsorship for a 15,000ft jump

Dates

26th June 2022

19th March 2023

Bungee Jump

Jump Height 40 metres

Over water

Solo jumps only

£20 entry per person

£100 minimum sponsorship

Sunday 3rd April 2022

Fire Walk

Join us as we walk 20ft over hot embers.

Minimum age 14.

£20 entry per person

£100 minimum sponsorship

Saturday 26th March 2022



Great North Run 2022

Sunday 11th September 2022

Entry is £35 plus a minimum £250 sponsorship

Age UK Teesside running vest is included - please select which size you would like when signing up.



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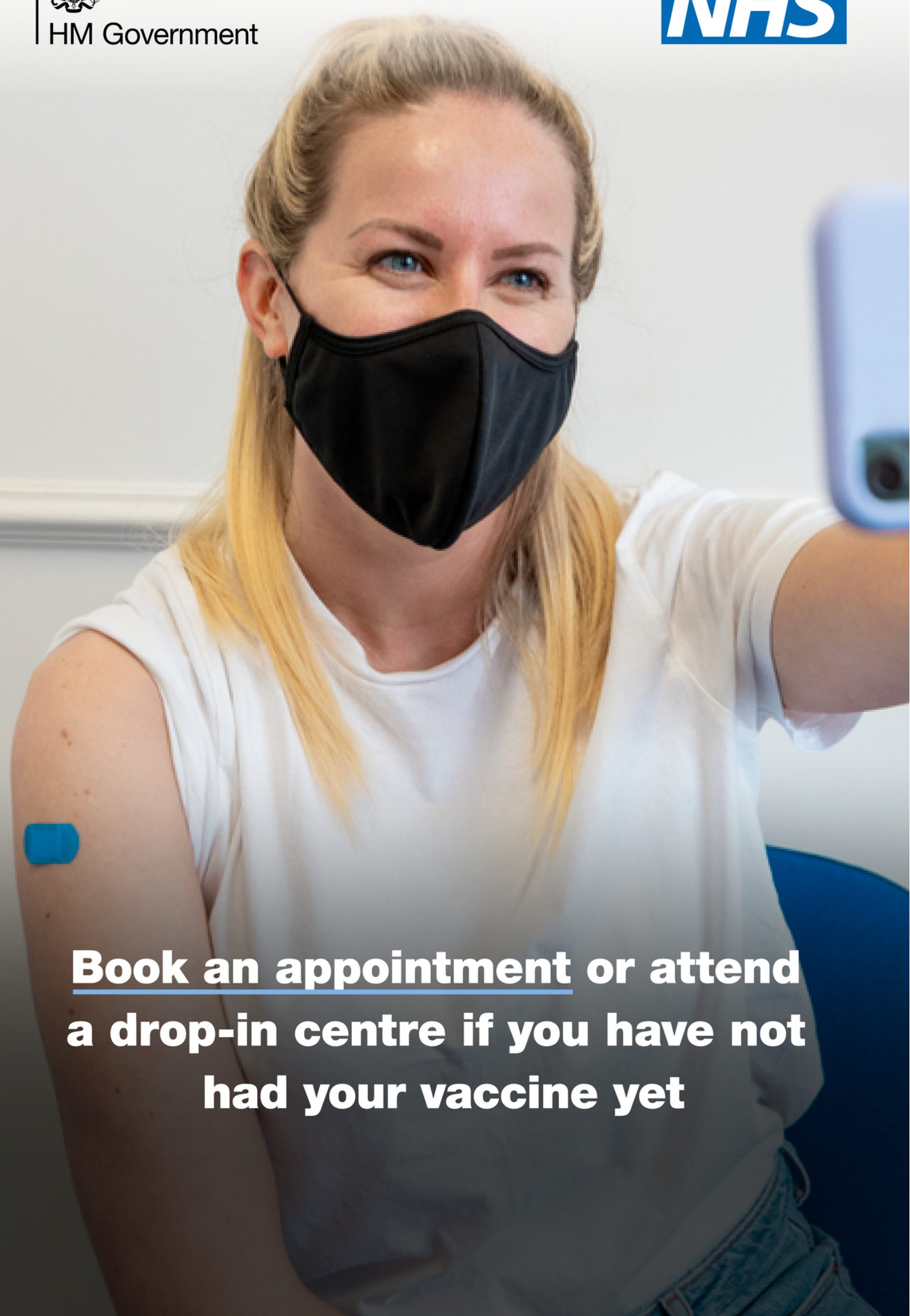
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ONLINE SHOP



HM Government



**Book an appointment or attend
a drop-in centre if you have not
had your vaccine yet**



Please Donate!

HELP US MAKE OUR EVENTS GREAT
THIS SEASON!

Donate your unwanted gifts to become prizes in one
of our raffles, tombolas or silent auctions!

Please contact fundraising to donate:
Call **01642 433727** or **07921 464126**,
Email laura.wedgwood@ageukteeside.org.uk



 **Teesside
ageUK**

Registered Charity No 702714

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

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



Stockton-on-Tees
BOROUGH COUNCIL

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

Better Health Better Wealth

Volunteers

The Three Amigos



Meet three of our dedicated volunteers in the Stockton area; Del, Nick and Martin.

Del, Nick and Martin volunteer and lead social activity groups, walking groups and also befriend those who are isolated, lonely and unable to leave their home to socialise due to disabilities and poor health.

If you have any time to spare to volunteer and support the older population group, we would like to hear from you.

Find out more about our volunteers and befriending service by contacting Gill or Helen on 01642 805500

Age UK Teesside's Walking Groups Timetable - Stockton

10.30am - 12:30 pm



Monday

December 6th

Hemlington Lake

December 13th

Fairy Dell

December 20th

Yarm Town Hall

Thursday

December 2nd

Preston Park

December 9th

Stewart Park

December 16th

Ropner Park

December 23rd, 27th & 30th - No walks



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**

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*



Phoenix Walking Group

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

2.00pm - 3.30pm

Grove Hill Community Hub

Bishopton Rd

Middlesbrough

TS4 2RP



Phoenix Afternoon Social

Marton Group

4th Tuesday of every month

2.00pm - 3.30pm

Marton Community Centre

Cypress Rd

Middlesbrough

TS7 8PZ

Age UK Teesside's Phoenix project has launched 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** •

**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**

**CONNECTIONS
CAFE**



**First Monday of the month
10.30am-12.30pm**

Age UK Teesside have launched a second Connections Café, 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+

**Morrisons Café
Ormesby Road, TS3 7SF**

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



Music in Hospitals



Do you miss listening to live music?

Come along to experience Music in Hospital &
Care musicians:

The Belta Reivers

Where? Yarm Fellowship Hall

When? On Monday 13 December at 1:30pm

This has been made possible
thanks to the generosity of



This event is provided by the charity Music in Hospitals & Care.
To find out more or donate online, please visit mihc.org.uk.

Registered Charity England & Wales: 1051659 Scotland: SC038864



@MiHCUK

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.

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.

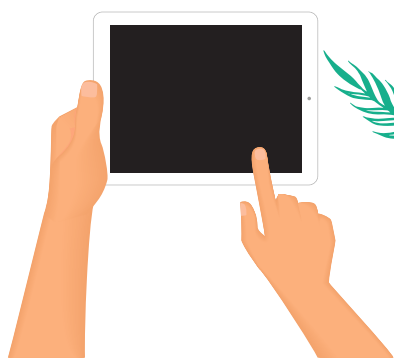
Sandra - Befriending co-ordinator: 07921 464114

Marie - Time Out co-ordinator: 07834 181190

Debbie Wilson - Extended Services co-ordinator: 077718 125013

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
Coopland's Bakery and Cooper's Chemist*

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

Redcar & Cleveland Extended *Service*

Scouting for new Partnerships

In August we had the pleasure of working with the 1st Marske Scout Group and we had three consecutive coffee mornings on August 9th, 16th and 23rd that were a great success. We made the contact via a couple who have been attending our walks since last November and who on several occasions, have brought along their grandson Ben. As we got to know him we discovered that he works across East Cleveland Scouts and that he wanted to do some partnership work with us to enable some of the scouts to achieve/receive their Platinum badges. Ben shared the criteria with us and we agreed that walking/talking and socialising with our clients would support the scouts on their journey to achieve their Community Awards section.

We established that we could meet at the Marske Scout Hut for coffee and cakes for three Mondays and that a group of Scouts would like to be involved. We did a short walk beforehand, joined by the scouts and arrived at the Hut for 11am each week.



The Scouts enjoyed walking and talking and getting to know our clients as we made our way to the Hut.

For the first week it was really sunny so they had set up tables outside and they had tea, coffee and cakes ready for us.

We all put in donations for refreshments to help the scouts fundraise and there was also a raffle which ran over the three weeks and £170 was raised.

Redcar & Cleveland Extended *Service*



The second week brought colder weather so we gathered inside the Scout Hut and kept warm and chatted. The scouts mixed with everyone safely and all parties thoroughly enjoyed the experience, the inter-generational work was a total success. We also went inside the Scout Hut for the third week and we were treated to some entertainment. One of our volunteers and his wife make up a folk / comedy group and they brought along their equipment to sing for us. They had us singing along and dancing and some of the scouts got up too - it was great fun.

An additional surprise was that there had been some liaising between Ben (Our Scout Leader) and our singers and he had learnt Bare Necessities on his tuba. He got up and played with them it was brilliant and such fun for everyone. I think Ben's Grandparents were very proud of him.

At the end of our last get together, Ben got all of the Scouts up and they stood in a circle to be invested as Explorers. It was so good for us all to be part of this after getting to know them over the weeks.

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**

Time Out

Repaying our Volunteers

Age UK Teesside values the amazing work and commitment from our volunteer befrienders and when given the opportunity, it wonderful when we are able to repay that kindness and dedication.

Charlie & Denny

Charlie was a volunteer for our organisation over 20 years ago. After retirement from the police, Charlie volunteered for us as a befriender and also helped out with our luncheon clubs.



In 2014 Charlie was diagnosed with dementia. Both himself and his wife, Denny were keen walkers and have organised walking expeditions all over the UK and abroad. They have also been keen contributors to several organisations, helping to design walks for Carers Together, involvement with the development of a dementia friendly walk in Loftus and regular attendees at the Dementia Dances. Both struggled through lockdown with the closure of many activities because of the pandemic.

Charlie has also been waiting for a hip operation, so their walks became fewer and fewer, and both have struggled to adapt to their new lives, foregoing long walks and companionship with fellow walkers.

When Denny first contacted us in May, her main ambition was to go away for one night with her walking friends. Denny explained to us that she felt “like her life was slipping away” and was worried about the future. We discussed having Home Call installed so that there was some alarm system for Charlie and one of our volunteers was matched and visited whilst Denny was away. We also provided details of private care companies so that additional support could be there too.

We have supported Denny with many frank discussions about her caring role and supported her through this transition. Denny has embraced all our suggestions, and both started to come to our walks in Marske and Redcar every week.

They both started to attend our group “It’s Just Not Cricket” at Marske Cricket Club and really enjoyed the company of others- especially other couples who were in a similar situation.

Charlie then offered to write a quiz. Charlie loves crosswords and has a plethora of reference books. He has now become our regular quiz master. Denny has stated that this has given him such purpose and helped him to write again. His questions are a little difficult for us but delivered with such enthusiasm and humour

Charlie and Denny now have a full timetable.

We asked Denny how our service has helped them:

“It’s made a great difference- the fact that we knew what [Age UK Teesside] did, as it was 20 years ago, when Charlie worked for them. He worked for them for several years, befriending, running luncheon clubs and attending meetings, he found it very fulfilling. So now, when we need help, 20 years later, when he has dementia, waiting for a hip replacement and in a lot of pain and were tied to the house a lot but now we know there are so many activities with Age UK, that we have been very kindly invited to come along to, we are very pleased. We thoroughly enjoy it, and Charlie really looks forward to coming.”

Thank you Charlie for giving us the opportunity to repay what you did for others all those years ago.



Charlie with the Scouts in Marske



Charlie (red coat) and Denny dancing to Frankie Lane's Champion the Wonder Horse



Charlie (far left) running the Quiz



Charlie and Denny with our volunteer in Locke Park

COVID Communications

A CO-PRODUCTION STUDY EXAMINING COVID RECOVERY FROM THE COMMUNITY PERSPECTIVE: PHASE TWO

For completing the survey, you will be entered into a draw for 1 of 2x£20 vouchers and for taking part in the interview, you will receive a £10 voucher

To take part, you must be a resident of Middlesbrough and 18 years old or over.

If you would like more information before deciding whether or not to take part, you can contact Dr Andy Divers for more information:

a.divers@tees.ac.uk



Teesside
University

Middlesbrough
moving forward

Call for Participants

Teesside University and Middlesbrough Council are currently running a study looking at COVID recovery. You have told us your experiences over the last year and now we're interested in what you think is needed most in your community as we look to the future, and about how you feel about any potential return to 'normal' and how you feel this should be managed: including issues such as vaccinations, social distancing and public spaces.

We are also keen to know how you have coped through the pandemic and how you feel this may have affected you. The study includes a survey and interviews, and you can choose which of these you would like to take part in, or both if you want to.

To complete the survey, you can go to:

<https://teesside.onlinesurveys.ac.uk/covidsurvey>

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.

Support Sessions (2 rooms)

Weekly - Woodside Hub - Wednesday 10.00AM - 12.00PM
(Starting 10/01/2022)

1st week of the month - Thorntree Hub - Thursday 1.00 - 3.00PM
(Starting 03/02/2022)

2nd week of the month - Easterside Hub - Wednesday 1.00 - 3.00PM
(Starting 12/01/2021)

3rd week of the month - Grove Hill Hub - Thursday 1.00 - 3.00PM
(Starting 20/01/2022)

4th Week of the month - Acklam Community Hub - Thursday - 1.00 - 3.00PM
(Starting WK 27/01/2022)

Drop-In Sessions (1 room)

Weekly - Woodside Hub - Friday 11.00AM - 1.00PM
(Starting 10/01/2022)

1st week of the month - Hemlington Hub - Thursday 9:30 - 11:30AM
(Starting 03/02/2022)

2nd week of the month - Grove Hill Hub - Tuesday 9:30 - 11:30AM
(Starting 11/01/2021)

3rd week of the month - Newport Hub - Thursday 9:30 - 11:30AM
(Starting 20/01/2022)

4th Week of the month - Marton Community Hub - Thursday 10:00AM - 12:00PM
(Starting 27/01/2022)

MCST - Weekly - Monday 10:00AM - 12:00PM - Woodside Hub
(Starting 10/01/2022)

Monthly - Woodside Hub - Last Wednesday of the Month 3.00 - 4.00PM
(Starting 26/01/2022)

**Contact Sophie Armstrong on 01642 80 55 00
for more information**

Decluttering before Christmas?

**Our Online Shop is accepting donations!
Turn your unwanted items into important
funds that will help support older people
in 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



**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