

Age UK Teesside Newsletter

Feb - Mar 2021



*Happy Birthday
Dorothy Rose*

This month we celebrated the birthday of our wonderful Dorothy Rose. Dorothy first became involved with Age UK Teesside's predecessor organisation at the age of 19 when her father Alderman Wiseman from Stockton recruited her as minuting secretary. Now, at 97 years young, she is still running a chair-based exercise group with her daughter, Margaret, at St Andrew's Methodist Church.

In 2017, Dorothy won Catalyst's Outstanding Achievement Award and the Lifetime Achievement Award from the Spirit of Age Awards for her work. In the same year she attended the North East Charity Awards with her family and won Champion Volunteer of the Year for her contributions to Age UK Teesside.

Dorothy Rose has been the namesake for our previous and current office, we are profoundly grateful for her support and dedication.

We hope you had a wonderful birthday Dorothy, from all the team x

feb - mar 21

Spring is here, and so is the vaccine! We have hope on the horizon for a return to normality and the team is looking forward to working together in the office once again and seeing clients in person. We are encouraging service users to take part in our ZOOM groups and interact with us online while we await the return to holding social groups in venues across Teesside. You can also attend one of our many walking groups and socialise safely while enjoying light exercise.

In this issue of our newsletter, you can read about how our projects and services are running to continue supporting the Teesside community, as well as group timetables and information on current activities.



**Over 50 and
want an easy way to
get a bit fitter?**

Sky - Channel 117

7:30PM - 7:45PM

Freeview - Channel 7

Virgin Media - Channel 159

6:05AM - 6:35AM

7:05AM - 7:35AM

8:05AM - 8:35AM

1:05PM - 1:35PM

6:05PM - 6:35PM

7:05PM - 7:35PM

Due to the success of the Keeping Well at Home programming, the project has been extended and the daily shows will continue. Tune in for simple exercises created for over 50's every day of the week on television or YouTube.

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

Starts
Monday 12th
April



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

Week 5 - 24th March
Week 6 - 31st March
Week 7 - 7th April
Week 8 - 14th April



REKINDLE FRIENDS with Steve

Meeting ID: 841 2626 5157

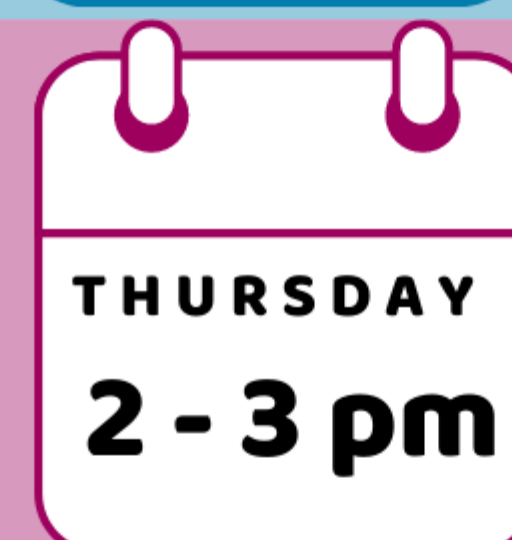
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QUIZ with Martin & Debs

Meeting ID: 862 9855 2226

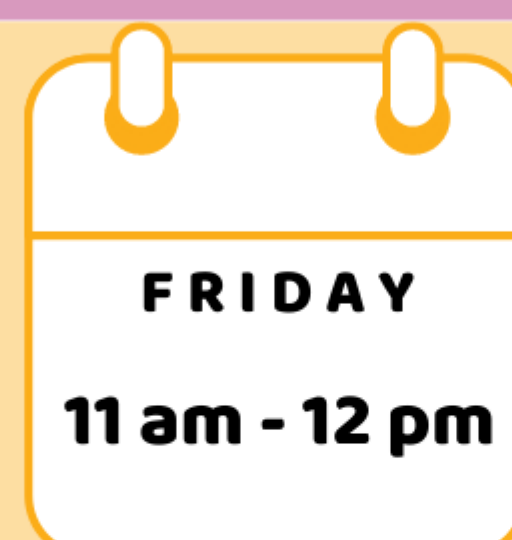
Passcode: 584899



DIGITAL DROP-IN with Neil

Meeting ID: 833 0144 0270

Passcode: 395073



DROP-IN with Debbie

Meeting ID: 871 5561 8328

Passcode: 384877



Staff Spotlight: Karen Parkin

Karen joined Age UK Teesside back in 2018 as our Project Administration Coordinator and quickly became an invaluable member of the admin team. In the last 3 years, Karen has assumed responsibility for project reporting, working closely with management and project leaders to create case studies and collate data for funders. She has also streamlined the recording of information using CharityLog and acts as support to all staff who use the database. She updates our policies and procedures, as well as working with our Operations Manager to attain the Quality Standards requirements.

Karen also leads on our annual Warm Homes service, which offers home and benefit checks to clients, supporting them in the winter months. She speaks with clients via telephone and makes home visit appointments to deliver energy-saving equipment to those who need them.

Karen is a friendly, hard-working, much-loved member of our team who brings a wealth of experience to the team.



World Poetry Day 2021

Poetry reaffirms our common humanity by revealing to us that individuals, everywhere in the world, share the same questions and feelings. Poetry is the mainstay of oral tradition and, over centuries, can communicate the innermost values of diverse cultures.

In celebrating World Poetry Day, March 21, UNESCO recognizes the unique ability of poetry to capture the creative spirit of the human mind.

One of the main objectives of the Day is to support linguistic diversity through poetic expression and to offer endangered languages the opportunity to be heard within their communities.

Last year, Time Out received a referral from a couple who were struggling because of health and caring responsibilities to connect with their community. Jeffrey and Anne now both benefit from time spent with our volunteers.

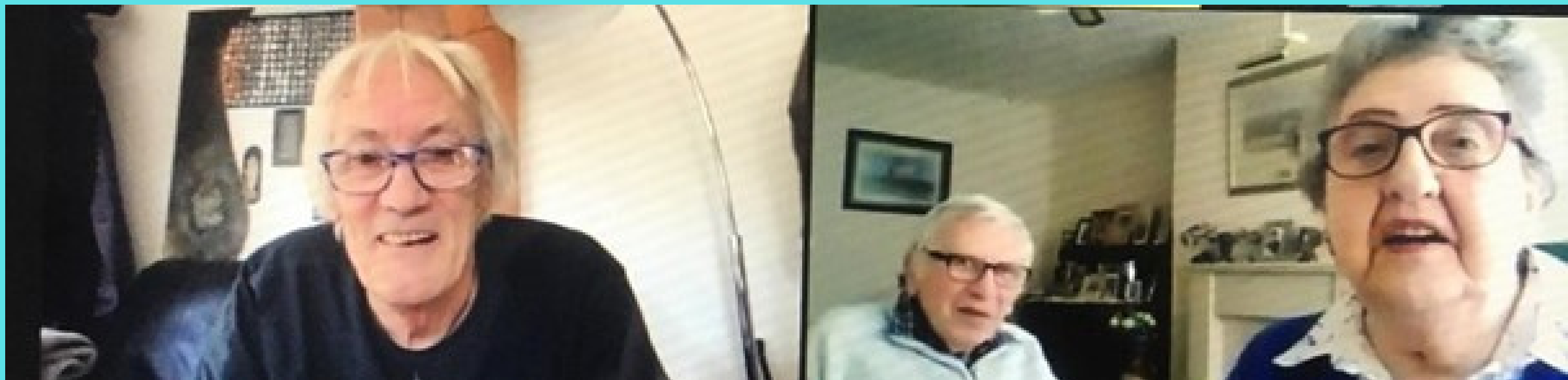
As always, we try and match volunteer befrienders to clients with similar interests, as this is usually the basis for any lasting friendship. When Jeffrey told us that he was a published poet or search for another literary enthusiast began.

We matched Jeffrey to our new volunteer Terry. He had run poetry workshops in schools and was an enthusiast of performance poetry. Terry has been ringing Jeffrey for some time now and they both share a passion for poetry.

Ann has really noticed a difference in Jeffrey:

“The weekly phone calls to my Husband and I have helped very much and been a real comfort to us. My Husband has had three strokes and many heart attacks previously which had left him with a noticeable impaired speech but since receiving these calls his voice is starting to improve to the fact that our family and friends have mentioned on how much better he is at speaking.”

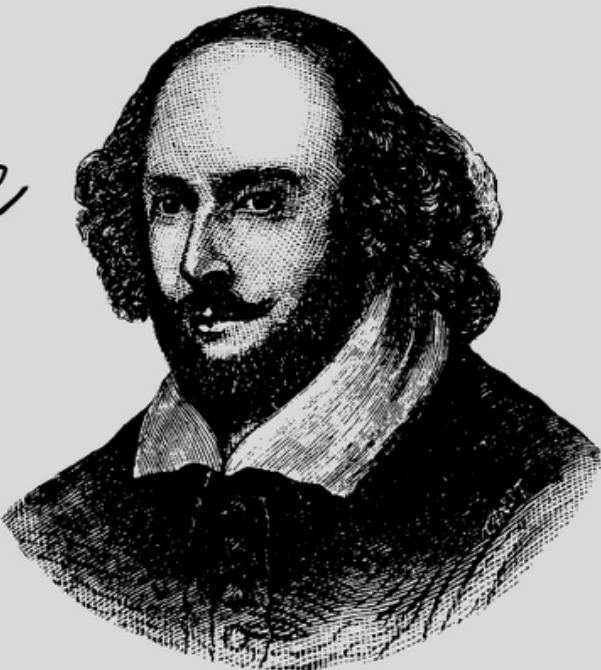
Both now attend Debbie's Drop in, which is a Zoom get Together every Friday at 2pm; now Terry and Jeffrey regularly recite poetry to a new and enthralled audience.



The observance of World Poetry Day is also meant to encourage a return to the oral tradition of poetry recitals, to promote the teaching of poetry, to restore a dialogue between poetry and the other arts such as theatre, dance, music and painting, and to support small publishers and create an attractive image of poetry in the media, so that the art of poetry will no longer be considered an outdated form of art, but one which enables society as a whole to regain and assert its identity.

*Shakespeare
Week*

15 - 21 March 2021



Taming of the Shrew

*"Me thinks thou dost
protest too much"*

- Richard



Hamlet

*"Brevity is the
soul of wit"*

- Richard...he likes it because you make a statement then keep quiet



The Merchant of Venice

*"The quality of
mercy is not strained"*

- Jane...she says its very poignant



A Winter's Tale - Jeff Walker

It is January 1966, the night is very cold,
As outside lay ice so thick, car tyres cannot hold.
Ann's been busy, decorating comes first,
Tired and off to bed, but soon a cry, "My water's burst!"
A quick dash into clothing warm and snug,
Just enough time to dispense a comforting hug
Then down the road to where the phone box resides,
But the paves are so slippy, on my backside I slides
Up to the phone box so red and inviting
To call for an ambulance, the cold is so biting.
The transport arrives but the men are so wary,
They daren't use the stretcher, the ice is too scary.
So supporting each arm across the pavement so slippy,
Into the ambulance, to hospital, very nippy.
White coated I stand at my wife's bedside,
She thought I was a doctor coming to deride,
For choosing a night with weather so severe;
But at dawn I walk home, fortunately quite near,
For now I'm on air, my heart full of joy,
My wife's given birth to our first baby boy.



Better Health Better Wealth

The Better Health, Better Wealth Team are continuing to support those over 65 who live in the Stockton area.

Although we are unable to carry out social activity groups in venues just yet, we have social distancing walks in various areas of Stockton such as Ropner Park, Tees Barrage, Yarm, and Preston Park. These walks follow Government guidelines, and we have limited spaces, so please ensure you contact the office for availability.

We also have zoom social activities daily with various topics such as talk and quiz sessions, Digital Explorers, and SING SING SING with Paula Odell. All are welcome to join in the fun and laughter.

If you are interested in joining any walks or zoom activities, 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 and 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.

Age UK Teesside's Walking Groups Timetable - Stockton

10.30am - 12:30 pm

Monday

April 5th
No Walk

April 12th
Ropner Park

April 19th
Yarm Town Hall

April 26th
Fairy Dell

Thursday

April 1st
Tees Barrage

April 8th
Preston Park

April 15th
Transporter Bridge

April 22nd
Acklam Hall

**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**



Stockton-on-Tees
BOROUGH COUNCIL

Older Offenders Project

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

“Activity within the prisons is still suspended due to Covid. However, to maintain good channels of communication, I am still able to attend monthly meetings in HMP Frankland. The new Health Pack for distribution within the 3 main prisons has now been completed and is ready to go to press. It concentrates on achieving and maintaining good physical, emotional and mental health, the balance of which is a vital factor in attaining overall health. Useful tips have been given in relation to eating a balanced diet and keeping fit. Although Covid has resulted in a suspension of daytime activities, men can still access some materials for keeping the brain active (including our Age UK Activity packs)! and some reading material. Information regarding how to access mental health services within the prisons has also been provided as, during this time, they are limited in their out of cell routines, which can potentially lead to added stress and depression. We are looking forward to the distribution of the packs and hopefully, good feedback”



North East
Better Health
at Work Award
Gold Award

Phoenix Project

Friends of Phoenix; a message from Tina

“As you know this year has been difficult for each and every one of us in many different ways, and I have had the pleasure of maintaining contact with you through this you have all expressed how much you miss your social groups and friends. I want to thank you all for the lovely comments and discussions we have had over the past year, at times tears but always ending in laughter.

When venues are available, we will open up support/groups sessions at the first opportunity following all safety guidelines. Watch this space.

Please continue to stay safe and remain positive. You are all amazing.”

Age UK Teesside's Walking Groups Phoenix Walks - Middlesbrough

Stewart Park

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

Please meet in car park*

Hemlington Lake

Walk 'N' Talk
STARTING APRIL 8TH
THURSDAYS @ 1.30 pm

Please meet outside Hemlington library*

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

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


Middlesbrough
moving forward

Middlesbrough Befriending Service

As we look forward to lighter nights, longer days, and dare I say it.....further lifting of restrictions, the Befriending Service in Middlesbrough continues to offer companionship to those who feel a sense of loneliness or who have limited social contact. Since the start of the year the project has been able to assist several people to feel more connected and to reduce their sense of loneliness.

In addition to the 1:1 and telephone befriending we have been able to offer people, we have been fortunate enough to signpost people to Phoenix Walks in Stewart Park and Hemlington Lake and to our on-line zoom activities. Both have enabled those who are looking to widen their social circles an opportunity to meet up, either in person or virtually, and see other people who may be in similar circumstances. The benefits are countless and feedback from clients has been wholly positive with one client reporting

‘Knowing that there are other people feeling like I do makes me feel less alone and knowing it’s not just me, makes me feel better’ – TG aged 83

For those who are unable to attend, the 1:1 befriending has been a valuable lifeline. We know the benefits of befriending include increasing confidence, reducing depression etc. but a key factor for all involved is about building a sense of purpose. This is significant for those who are being befriended through the service, but for volunteers too, the sense that they have a purpose is important. This has been even more noteworthy over the last 12 months with befriending volunteers reporting

‘Befriending is such a rewarding thing, which requires little effort, and it means such a lot to people’

‘Just one hour a week is really something to look forward to’

We continue to provide key support to some of the most vulnerable older people and the last 12 months has enabled us to forge new friendships and deepen community connections. Moving forward and as we develop the service; we require additional community support.

If you or someone you know has an hour a week to spare, we would love to hear from you. For an application pack, or to find out more, please call Paula on 01642 805 500

Redcar & Cleveland Befriending Service

If you are aged over 65, live alone and have limited contact with family and friends, the Redcar Befriending Service is available to support you.

The service supports those over 65 to live independently by providing regular contact to reduce feeling of social isolation. The service can arrange for a trained volunteer, with similar interests to make regular contact with you, have a friendly chat, offer friendship and a listening ear.

The volunteer can offer support over the telephone and as covid restrictions are lifted, visit to have a cuppa and a chat in person.

For more information, please contact Sandra Blades Tel 07921 464114 Email: Sandra.blades@ageukteesside.org.uk

The Extended Service initiative aims to help those who are aged 65+, and living in Redcar and Cleveland, access their local community and to support people with get-together groups and events.

Presently, the Service offers weekly walks in Redcar and Marske.

LOCKE PARK WALKS:
Every Friday 10.30—12.00pm

MARSKE WALKS:
Every Monday 10.30-12.00pm

As more community activities open in the area, the Extended service can provide support in attending groups covering a variety of interests and activities.

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.**



Redcar & Cleveland Befriending Service

Volunteering is a great way to meet new people and learn new skills.

Are you interested in becoming a volunteer with the Age UK Teesside Befriending Service? If you have an hour or so to spare each week and you would like to provide support to others living in the local area, then please get in touch for more information on how to join.

Alexandra, a new volunteer, describes how she has found the experience of befriending an elderly gentleman living alone in Redcar:

"I started volunteering for AGE UK at the end of last year and began my journey of befriending in January. Sadly, due to the current restrictions brought about by the pandemic, it could only take place through phone calls. However, it has gone extremely well. The gentleman I am befriending is 83 years old and quite a character. His knowledge of the local area is amazing and he has me entertained every time I phone him with delightful stories from his youth."

We have found some common ground in our mutual love of sport, particularly football. We're thoroughly enjoying discussing this season and comparing notes about our favourite players and managers.

We are both really looking forward to being able to chat face to face. It is incredibly rewarding being a befriender, and if Mr. B gets as much enjoyment from our conversations as I do, then that is wonderful."

**Friday Drop-In
with Debbie
2.00 - 3.00pm**

Every week via Zoom



JOIN THE MEETING

Meeting ID: 871 5561 8328

Passcode: 384877

Redcar & Cleveland Befriending *Service*

Delivery of a Hundred Smiles

When Middlesbrough Football Club Foundation first opened their office in Loftus in September 2019, we paid them a visit to find out more about what they were doing. Marc, Gary and Charlie were all welcoming and we spent some time discussing how we could possibly work together to tackle some of the social isolation issues in East Cleveland. Since then, we have been on the Health Bus (pictured below), attended their community support group Team

Talk and during the pandemic, Age UK Teesside Redcar Team have been able to get MFC Foundation's

newsletter, or their bi-monthly puzzle packs delivered to our clients. At Christmas, MFC Foundation also offered hampers to some of our clients living in East Cleveland.

In March, Charlie Bell, MFC Foundation's Operational Support Officer, contacted the Redcar Team and explained that the Foundation would like to offer delivery of a free two-course meal to those who were isolated or lonely. He explained that the Foundation had partnered with MasterChef quarter-finalist Matei Baran to deliver a Kitchen Therapy program which would see young adults experiencing a range of mental health issues learn culinary skills. Unfortunately this had to stop due to the pandemic. This left the Foundation and the chef thinking about what they could do for the community.

Together we agreed that delivery of a main course and pudding, prepared by a MasterChef quarter finalist would be just the ticket to remind people that they were not forgotten and that things were going to get better.



Redcar & Cleveland Befriending *Service*

Delivery of a Hundred Smiles

The first 30 meals have now been delivered to Age UK Teesside clients living in Redcar and East Cleveland and a further 70 will be delivered over the next few weeks.

When we contacted our clients to ask whether they would like a meal delivered, the response was joyous. Some had been shielding since February 2020 and the idea of having someone deliver a restaurant meal brought a break for some, as well as a treat. We also had many carers who had been looking after their loved ones without additional support for some time. One carer said: "You have certainly made this a brilliant day."

Here's to making more brilliant days, happy smiles, and full stomachs in March with the help from MFC Foundation!

"When we set up in East Cleveland, we made a promise that we were there for the long-haul, that we would do what we could do to help," says the Foundation's Charlie Bell.

"Never did we expect to be doing what we have been for the last 12 months or so, no-one expected that, but we have risen to the challenge and if that has helped put a few smiles on a few faces and bring the taste of nice food with it, then we're happy."



Online Shop - Volunteering



**Social Distancing and Covid Safe
Procedures in place. PPE supplied.**

VOLUNTEER SORTERS REQUIRED

Email retail@ageukteesside.org.uk
or call 01642 433730 to sign up.

We need volunteers to help sort our
donations. From as little as a couple
of hours a week in our offices in
Middlesbrough - immediate start and
full training given.

Age UK Teesside is a registered charity (702714)



www.ageukteesside.org.uk



**Contact us today on
01642 80 55 00 for more
information or email
Retail@Ageukteesside.org.uk
to apply**

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

Time Out

Helping Carers get the Vaccine during Covid

Those considered most at risk from COVID-19 are being offered the vaccine first. With everyone in the top four priority groups having now been offered their first jab, the next phase of the vaccine roll-out, which includes many unpaid carers, is well underway.

Time Out supports the cared for and the people who look after them. Getting a vaccination for both is vital if either are to start having any 'normal life'. Some have been shielding since February 2020.

The Joint Committee on Vaccination and Immunisation has included eligible unpaid carers on the vaccination priority list in group six.

Unpaid carers are defined as 'Those who are eligible for a carer's allowance, or those who are the sole or primary carer of an elderly or disabled person who is at increased risk of COVID-19 mortality and therefore clinically vulnerable.'

If you receive carers allowance, you should automatically be notified about your vaccine by letter if you have been receiving Carer's Allowance for a while (or have an underlying entitlement), or have a carer's flag on your GP record.

You can register for your vaccine online if you are the primary carer of someone who is clinically vulnerable or have only recently qualified for Carer's Allowance. If you are over 18 and haven't yet been identified by other health and care services, you can try using the National Booking Service at www.nhs.uk/covid-vaccination or call 119.

December 2020 - January 2021

Carer's Support Services

Time Out

Helping Carers get the Vaccine during Covid

Mary is 51 and looks after her mum, Gladys aged 75. Gladys has impaired vision and also has emphysema. Mary helps with shopping, bills as well as medical appointments. Although Gladys had her vaccine some time ago, Mary was still caring for Mum as well as looking after her daughter with special education needs. Mary was worried about not getting the vaccine and not being able to care for mum.

We advised Mary to contact her GP. After a short call to the surgery she was registered as mums carer and received an appointment for her vaccine as an unpaid carer.

TELL YOUR G.P. THAT YOU LOOK AFTER SOMEONE?

Tell your GP that you have caring responsibilities as soon as possible. They can then record this on your medical records.

If they know you are a carer and likely to be under pressure at times, they will be able to offer more tailored advice and, if necessary, provide more support when they diagnose and treat you in the future.

If you're a carer, your GP could help provide information and advice

- arrange home visits to you or the person you care for if your caring responsibilities make it difficult to attend appointments at the surgery.

- arrange 'double' appointments for both you and the person you care for at the same time
- arrange for repeat prescriptions to be delivered to your local pharmacy

- provide supporting letters and information to enable you and the person you care for to access benefits

IF YOU WOULD LIKE HELP TO REGISTER AS A CARER ONLINE AND ARE OVER 55, PLEASE GET IN TOUCH WITH NEIL BANKHURST - DIGITAL EXPLORERES ON 01642 805500

Benefit Advice

with Sue



I work for Age UK Teesside as a benefits adviser, as part of the Financial Inclusion Group Middlesbrough. The project brings together organisations, namely, Age UK Teesside, Middlesbrough Citizens Advice, Welfare Rights, ACTES (achieving change through enterprise solutions) and CHAC (Cleveland Housing Aid Centre). As a collective we deliver welfare benefits advice at various locations within the Middlesbrough community. Due to the current pandemic situation, all the advisers are working remotely.

Many of the welfare benefits can now be claimed online, and we can assist with this process. In addition, conference calls with DWP and other agencies, with the client party to the call, are now utilised to resolve any queries as quickly and efficiently as possible.

The benefits system can be complex, and benefit laws, rules, regulations and directives can change, as advisers we have to keep abreast of these changes. Throughout my time working with clients, I have found that there are many client's who have not been receiving their full benefit entitlement, simply because they were unaware that they were entitled to anything.



Two recent cases I had demonstrated this;

Case 1 – My client was in receipt of Employment support allowance and had also been awarded Personal Independence Payment both the daily living and mobility components. The client had asked for a telephone appointment to query if the award of Personal Independence Payment would affect her other benefits. I informed my client that as she was in receipt of PIP daily living element and also lived alone and no one was to claim carers allowance for looking after her, that the client met the criteria to have a severe disability premium added in calculation of her employment and support allowance at £66.95 per week.

I assisted my client to claim this and requested the payment be backdated to the start date of my client's PIP award. The client's Employment and Support Allowance amount rose by £66.95 per week and the client also received a backdated payment of £1.868. My client was very happy that the query was made, as they were unaware of fitting the criteria to enable a severe disability premium to be calculated in their Employment and Support Allowance payment.

Case 2 – My client had a query regarding council tax payments. The client and partner were now both pension age and my client had begun to receive state retirement pension some months earlier. At that time a claim was made for pension credit and the guaranteed element of pension credit was awarded. The client informed that they would struggle with council tax payments now that service charges for the property had risen. I advised my client that they needed a recalculation of council tax, as different rules apply, when receiving the guaranteed element of pension credit. I carried out a benefit check for the client, which showed that there was full entitlement for council tax support. The client subsequently did not have to pay any council tax and also received a refund of £300 of payments made since the award of the guaranteed pension credit. The client was really happy with the outcome as they had not realised that beginning to receive guaranteed pension credit, meant that the couple received more council tax support, in the client's case this was support of the full amount.

feb - mar
21

Any change of household circumstances and income should be reported straight away to benefit agencies, housing benefit and council tax dept. for recalculation. Not only does this prevent overpayments occurring but also makes sure that entitlements are not missed out on.

Some benefits can act as a 'passport benefit' which means that because you have been awarded them, you can apply for additional benefits and I would advise anyone to get advice on your personal circumstance, to check for entitlement.

Having seen many clients who have been unaware of their entitlements, I would really urge people to get their circumstance checked and get the tailored advice we offer, to make sure that they are getting everything that they should be. We can also assist with the claiming process and any other benefit queries and issues.

I would just like to wish everyone, safe passage through these challenging times and please remember we care and are only a phone call away. X

**Call to make an
appointment**

01642 805500

COMMUNITY BENEFITS ADVICE IN MIDDLESBROUGH

During the current Covid-19 crisis no face-to-face appointments will take place.

However advisers from the Community Hubs and Unclaimed Benefit Campaigns are available to provide benefits advice by phone.

So, if you need advice/support please ring the number below.....

MAKE THE CALL: **01642 802303**

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 app-
ointments and
staff will wear
appropriate PPE.**

Safe Steps - IDVA

Domestic Abuse Service for Women 50+ Independent Domestic Abuse Advocate Service

"Safe Steps is a project to support women 50 + who are suffering domestic abuse. We are hoping to find the hidden figures of domestic abuse in the older woman. By hidden figures we mean women who would not go to the police or any other agency for help in this area.

This is a new project for Age UK Teesside and we have only been taking clients since October 2020. Having worked in this area for quite a few years I have found many differences in this demographic and their support needs.

Some of my clients have been really resilient to the abuse they suffer, but become quite scared when it comes to dealing with agencies and the demands they place on them. Leaving an abusive relationship is extremely scary and there are hardly any short term benefits for women.

This service has already helped many women leave long term relationships by catering support to their needs. Everyone is unique and their circumstances are also unique. This service will go at the clients own pace and work towards giving them the outcome they want.

If anyone does want to refer into this service you can contact me directly on 07704446631."

- Leanne Hogg, IDVA

Digital Training

The Rekindle Journey

What a Journey I've been on since lockdown was introduced last March. The libraries closed and we had to find new ways to support people. Additionally, the need for digital platforms became even more necessary during the pandemic but in lockdown this was difficult to deliver. We used many methods from video tutorials online to telephone support. At the other end of the scale we sent a USB stick of a video via Royal Mail to a chap in Coulby Newham. He'd moved house just before lockdown and had no broadband and no idea when he would get it. I was supporting people socially distanced in the street or their gardens but this became difficult as the weather got colder. Then Morrisons in Berwick Hills let us use their training room. This was great as there was very good social distancing and safety in place. However, after the Government tightened up the rules we had to move on.

And so we set up shop in the Prickly Pear Bistro which is on the ground floor of the TAD Centre below Age UK Teesside HQ. Man it was tough there: every week we had to sample something from the Prickly Pear's delicious menu. (picture: Me, and Pearl and Jeff Charlesworth at the Prickly Pear). Unfortunately the Prickly Pear had to close and we had to move on once again



Next we moved to St Cuthbert's Church hall in Marton. So right up to February with special dispensation from the Bishop of Whitby I delivered Rekindle support in the church hall. Lockdown had tightened once more and so the workshops were one to one with full PPE and distancing. Alas, we had to move on once more and for a while it seemed Rekindle would be homeless.



Digital Training

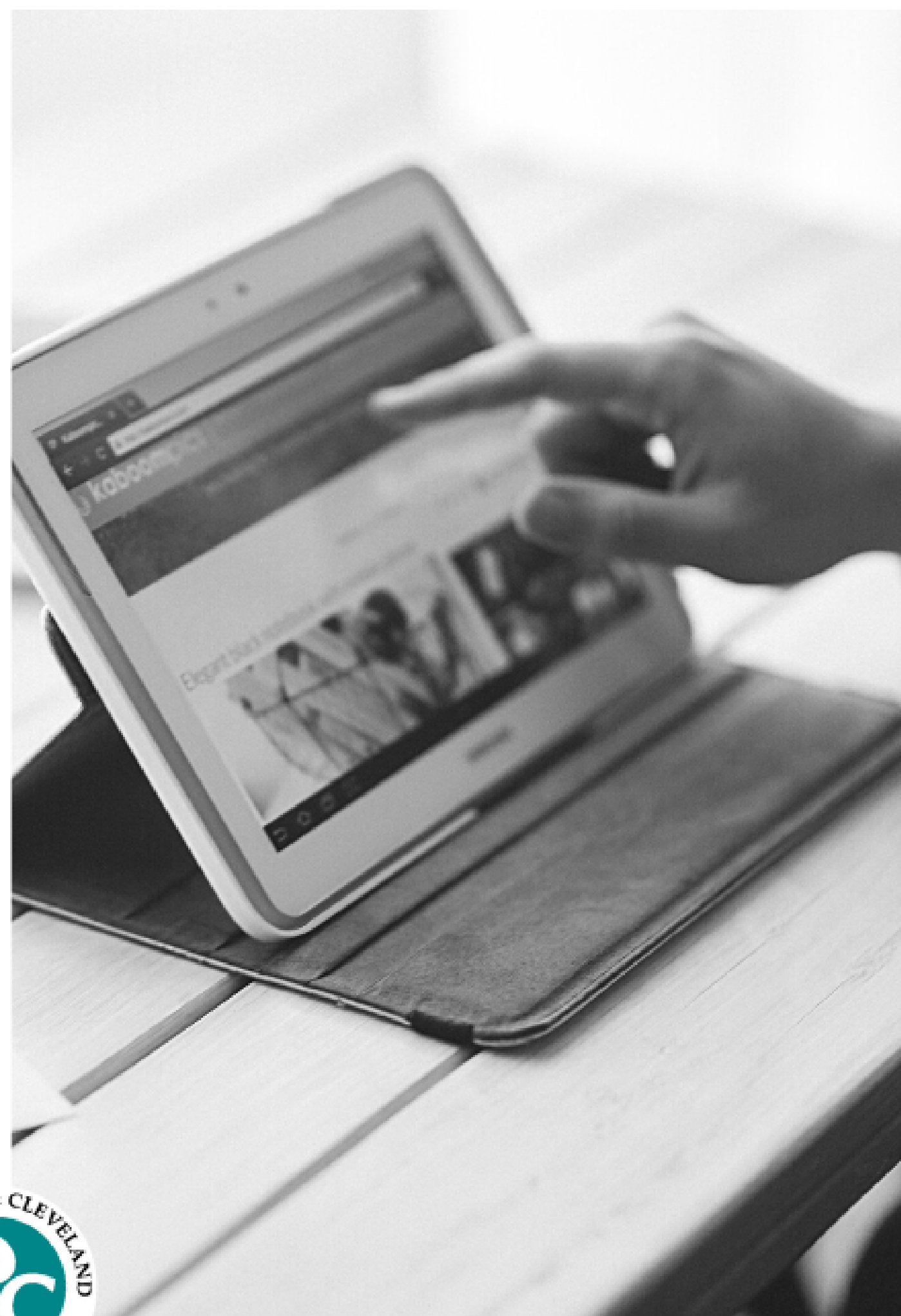
The Rekindle Journey

And then Middlesbrough Environment City stepped in and very generously offered us a building in Natures World. The wonderful Nature's World sadly closed to the public in 2013 so it is a tremendous privilege to be allowed to run Rekindle sessions there. The picture shows my car outside the "Rekindle Building" on the first day there. Now that the snow has cleared it is a lovely place to be. We can't go traipsing around the closed down visitor attraction but we do catch glimpses of wildlife and unusual birds from time to time.



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Drop off preloved items

at TAD Centre Middlesbrough

- Clothes, shoes & belts (good quality and rags also)
- Books, Vinyl, CD's & DVD's (not copies)
- Electrical items & computer games
- Bric a brac, china, kitchenware
- Toys (with a CE label if it's a soft toy)



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