



# Spring Newsletter 2020

## Loneliness – why don't we connect?

I listened to Women's Hour recently and the topic discussed was loneliness.

I have felt quite strongly about this subject for some time, since 1979 actually when I read E.M Fosters' 'The Machine Stops'. This story is about a society reliant upon a machine for its wellbeing. People who have lost the ability to communicate, live in isolation and have long lost their social skills and the capability to interact with each other. The machine is omnipotent.

If we look around today all we see is people attached to machines, convincing themselves that by texting or tweeting they are having a meaningful interaction with someone. We too are losing those social skills that we once gained through face to face connections; Trust, Respect, Empathy.

We as a society don't help ourselves either, we have shut down town and village banks, post offices, pubs: we shop and bank on line, order food and deliveries directly to our homes, go to self-service tills and even skype our doctor. Where do people go today just to have a brief connection with someone?



Age UK County Durham are keen to recognise the cause and effect of loneliness and to not only get our communities to understand that loneliness is not isolation but to work with us to ensure that fewer of our neighbours are or become lonely. We deliver intergenerational activities where young and old get together to share knowledge and skills, to share old memories and make new ones. We want to tackle loneliness and offer friendships through new craft workshops, trips and outings, cooking and baking afternoons and community tea and cake.

If you would like to help us be **more human** and **less machine** give us a call on 0191 386 3856.

*Robyn Holmes, Age UK County Durham CEO*



Our Valentines window display in the Hidden Boutique was a huge success, bringing a smile to many people passing our vintage outlet in North Road.

In the true spirit of recycling, we are donating our hand crafted gown of hearts to another local charity.

**WATCH OUT** for our Easter Extravaganza window display and remember ... behind every amazing window display, amazing bargains are waiting to be found!

## St Valentine's celebrations at Chester View Care Home

On 11 February, our Intergenerational volunteers and 30 Year 4 pupils from St Benet's RCVA Primary School visited the residents at Chester View Care Home in Ouston.

Residents and children took part in a carousel of activities that included making valentine hearts and cards, playing with traditional toys and exploring wartime artefacts. It was a busy afternoon enjoyed by all!

Many of the children made cards and hearts for grandparents and other family members but also for the residents.

The Head teacher said *'Our Year 4 children shared a collective worship with their parents this morning and their hearts were used as the centre piece'*





## A New Year, new services

We are all aware of the concerns for our social care provision, the availability of care for our older relatives and friends.

The Government have been set to address this growing problem since 2017 and we still await any proposals. Currently a means test is applied to determine eligibility for funded social care. If the main need for care is continuing health care, costs are met through the NHS.

Age UK (the national charity) are campaigning for social care to be a priority for review. But in the mean time we need to support people to stay safe and well in their own homes for as long as is possible. Most people would prefer to stay independent at home surrounded by friends, memories and personal belongings. **Age UK County Durham** has responded to requests for a service that helps older people do exactly that, stay safe and independent in their homes.

Our **Help at Home** service provides practical help, someone to chat to, keep an eye out for, do odd jobs, gardening, cleaning or a trip to the shops. It doesn't resolve the issues of our social care crisis but it's a service that puts the needs of older people first.

If you would like information about the service and rates, call **0191 374 6363**

## New staff

**We're delighted to introduce you to our new Heritage Engagement Worker, Lorna Bussey. She will be working in the Burnhope area in 2020.**

*'As a lifelong lover of history, with experience in the heritage sector and a passion for using the past to bring people together - I'm very excited to start working on the Burnhope Heritage Project!*

*I look forward to meeting local people and discovering the wonderful heritage and memories at the heart of Burnhope village.*

*My aim is to continue to bring both older and younger residents together, letting them take the lead to explore and share stories between the generations.'*

**Lorna can be contacted on 0191 374 6560**



# Information & Advice Service at Age UK County Durham

## Have you had a recent benefit check?

Benefit rates are changing from 6 April 2020.

Here at Age UK County Durham our dedicated and experienced Information and Advice staff can check your benefit entitlements.

**Our service is FREE,  
confidential, impartial**

Get in touch if you would like to check your benefit entitlements.

## Emergency Warmth Packs

Do you know a vulnerable adult who would benefit from an emergency keep warm pack?

Storm Dennis, the fourth named storm of the 2019-20 season, has brought further cold spells to the UK.

We have a supply of **emergency warmth packs** that contain a variety of items including thermal hat/socks/gloves, blanket, hot water bottle and thermal cup.

Contact us for more information  
(pack availability is limited)

## Pension Credit—are you eligible?

The Department for Work and Pensions (DWP) has launched a campaign to encourage take up of Pension Credit. The campaign targets people over State Pension age, their friends and family, as well as frontline advisors supporting them.

The campaign has three aims:

- Draw attention to the availability of Pension Credit
- Highlight that people of State Pension age may be entitled to Pension Credit even though they may have savings or retirement income or own their own home
- Explain that any award of Pension Credit can provide access to a range of other benefits such as help with rent, council tax, heating and NHS services.

If the proposed changes to TV licensing go ahead on 1 June 2020, only those over 75s who are claiming Pension Credit will continue to receive a free TV licence, so it's more important than ever before that people are encouraged to take it up.

**Contact us for more information**

t 0191 374 6367

e [your.rights@ageukcountydurham.org.uk](mailto:your.rights@ageukcountydurham.org.uk)



# Age UK County Durham Information & Advice Drop In Service

Our Information and Advice Drop-In Service is based in the centre of Durham City and is always ready to help those aged 50 and over who live in County Durham.

We share space with our Hidden Boutique outlet at 68 North Road, Durham City DH1 4SQ.

Please call in to see us, just ask any member of staff or volunteer on the premises for our Drop-In Service and they will bring you along to see one of our members of staff.

**We're open Monday to Friday from 9.00am - 3.00pm  
(closed for lunch between 12 noon - 1.00pm)**

We also have an answerphone service available outside of these hours.

Call our Direct Line 0191 374 6367 or email us at [your.rights@ageukcountydurham.org.uk](mailto:your.rights@ageukcountydurham.org.uk)

## The importance of shopping around

Our Information and Advice Workers covering the drop in service in North Road are used to getting queries and questions on a variety of things. Just recently there was a query from a gentleman in his late 80's, that really highlighted the importance of always shopping around for your insurance providers.

The gentleman called into the Information and Advice drop in with the renewal letter from his home insurance provider and he was very troubled as he felt he could not afford the renewal. He wanted to know if there was another way for him to pay for his renewal as even paying monthly was going to be a struggle. We asked if he had looked at other insurance providers to see if he could get more competitive quotes, but he said he didn't know where to start as he had always been with the same provider since he and his late wife had bought their home in 1983.

We offered to look at one of the comparison sites for him, using the details of his existing insurance policy, so he could get an idea of what other providers may be able to offer. He said he would be really grateful for the help and on entering the details into one of the well-known comparison sites, we could show him the results. He was truly amazed at the results. The cheapest quote was for £79.31 from a well-known insurance provider - this was compared to his renewal quote of a massive £683. We had ensured it was a like-for-like quote and actually some of the quotes provided a better spectrum of cover than his previous policy.

The gentleman was able to take home the list of quotes and he said he would study them and select his preferred option - telling his current provider of his utter disgust at the cost of his renewal after decades of loyal custom. This is an example of where loyalty doesn't pay - always take the time to shop around!



## Is age just a number?

ITV Tyne Tees are investigating what really marks old age and at what people perceive to be the start of old age.



Old age has traditionally been seen as starting at 65 but the Office for National Statistics says they think it should now be 70.

As part of ITV Tyne Tees research for a programme around this issue, they have been meeting and filming people aged approximately 65/70 years who are still active.

They came to our Tai Chi class at Shakespeare Hall in Durham City to meet our tutor Roy Bourke and the class participants, to record them exercising and talk to them about how important they think it is to keep active.

Everyone was delighted to take part and are looking forward to see the programme when it is aired.

## Star Salesperson of the Month

Volunteer Andrew has been working very hard in our Charity Superstore. In fact he has worked so hard that he has been awarded our very first Star Salesperson of the Month Award by Shop Manager Amanda Oliver-Brown. Andrew was delighted.



Amanda is very proud of all her volunteers,

*'We wouldn't be able to manage without the support and dedication of all our hard working charity shop volunteers, they are all amazing'*





## The Big Knit Campaign is back for 2020/21

We've been part of Age UK's Big Knit campaign with the Innocent Smoothie Company since 2011. Each year our target increases and without fail, we match or exceed the target every time.

Our target for 2018/19 was a massive 14,842 hats, but we actually collected and sent **22,418** hats!

This was a fantastic achievement which would not have been possible without the support of everyone who contributed.

This year, Age UK and Innocent Smoothie have confirmed that they will be running the campaign again. It will start for real in Autumn this year and all hats knitted and collected will be released for sale at the start of Winter 2021.

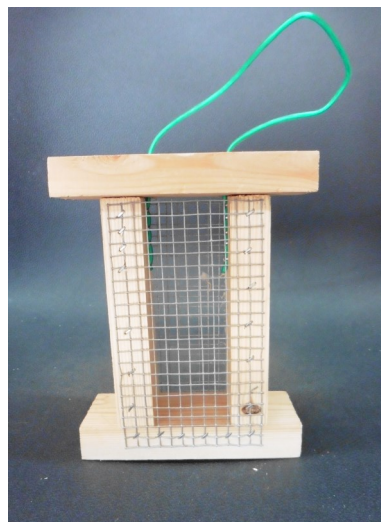
Our target is yet to be confirmed, but we thought we'd set the wheels in motion and encourage knitters to start knitting for us now.

If you'd like access to patterns or more information, please contact us on 0191 374 6361 or [info@ageukcountydurham.org.uk](mailto:info@ageukcountydurham.org.uk)

## Get garden ready for spring

Our Community Shed members have been busy building our latest supply of bird boxes and bird feeders which are on sale at our Charity Superstore at Mandale Park, Belmont.

**Call in and buy one now ... hurry stock sells fast**





**Do you know who  
to contact if you  
have a power cut?**

**POWER CUT?  
CALL 105**



You can call Northern Power FREE of charge on 105 or check on their power cut map

[www.northernpowergrid.com/power-cuts](http://www.northernpowergrid.com/power-cuts)

**Do you, or someone you know, need a little extra support if you have a power cut?**

If you have any concerns about how you, or someone you care for, would manage during a power cut due to personal or medical circumstances, you can join Northern Power's FREE Priority Services Register by registering online at [www.northernpowergrid.com/care](http://www.northernpowergrid.com/care) or calling 0800 169 2996

## Post Office banking framework renewal

A new deal has been signed by the Post Office and many UK banks to support the continuation of FREE access to everyday banking services via the Post Office. This means customers can continue to make withdrawals/pay money in to their bank via the Post Office.

Barclays were set to stop the withdrawal of money service at Post Office's but have decided to continue supporting this service.

*'With 93 % of people living within a mile of a Post Office our branches are ideally situated to provide easy access to vital banking services'*

Mark Kearsley , Director of Banking Services Post Office.  
*(from Shropshire Star News)*

## Do You Suffer from Tinnitus?

Is tinnitus getting the better of you and you feel like nobody understands how it is affecting you?

You can find out more about the causes of tinnitus and how you can cope with it.

Contact Durham Deafened Support for more information, speak to a counsellor or join a group

[admin@ddsupport.org.uk](mailto:admin@ddsupport.org.uk)  
0191 5183358  
07463 259216 (Text Only)



'registered  
with the  
BTA'



**DURHAM  
DEAFENED  
SUPPORT**  
UNDERSTANDING • SUPPORT • SELF-HELP

# Coronavirus Advice

This advice concerns the Novel coronavirus (also called COVID-19) outbreak which began in Wuhan City, China, in December 2019.

## Advice – NHS 111

If people express concerns about the coronavirus the best place to direct them to is the NHS 111 Service. From this service people can receive up-to-date information about the coronavirus. Where people are assessed as possibly having symptoms of the virus, the 111 service will direct the person to a public health helpline and, if necessary, medical tests can be arranged and specific advice given.

## Symptoms

The main symptoms of the coronavirus are a cough, fever, shortness of breath.

## Should we be worried?

The NHS and Government are well prepared to deal with the outbreak. The UK government states that the risk to individuals remains low.

## Preventing the spread of Infection

As with the flu and common cold, the best way to help prevent infection is to maintain good hand and face hygiene; wash hands regularly (alcohol gel can be used if hands aren't visibly soiled), and cough and sneeze into the crook of your elbow or a tissue which is then thrown away. Where possible, avoid contact with people with flu like symptoms.

## Social Media Misinformation

Please be aware that some people have been spreading misinformation on social media. If a post concerns you check the source, and check it against information on the websites below and reputable news websites. If a social media post has no source, it may well be fake news!

## The government advice web page is

<https://www.gov.uk/guidance/wuhan-novel-coronavirus-information-for-the-public>

## The NHS England advice web page is

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

Both of these pages are updated regularly

## Travel History

**Call 111 now:** People are advised to call 111 now if they have visited Wuhan or Hubei Province in China in the last 14 days.

**Call 111 now:** People are advised to call 111 now if they have mild symptoms and have visited other parts of China, including Macau and Hong Kong, Thailand, Japan, Taiwan, Singapore, Republic of Korea, or Malaysia in the last 14 days.

**They should not go to a GP or hospital as this could spread the infection**

*This information has been taken from communication with NHS England, Public Health England, and the Department of Health and Social Care*

**Retired?  
Get inspired**

**Volunteer with Age UK and feel younger every day!**

**Be kind, be useful, be our volunteer**

**Perks include**

- ☺ Being useful in your own community ☺
- ☺ Colleagues that can't cope without you ☺
- ☺ Free tea & coffee (and occasional biccies) ☺

**Great Options**

- ☺ Handyman / Gardener ☺
- ☺ Befriender ☺
- ☺ Admin / Retail ☺
- ☺ Legal / Governance ☺
- ☺ Media / Marketing ☺

**Help at Home  
Keeping you safe and independent**

We can help you or your loved one to manage in the home and remain independent for longer. Our trained and security checked Home Helpers are happy to take the time to ensure you are happy, safe and content after each visit.

**We can help you with**

- Housework / Laundry
- Meals / Shopping
- Trip to the shops
- Keeping appointments

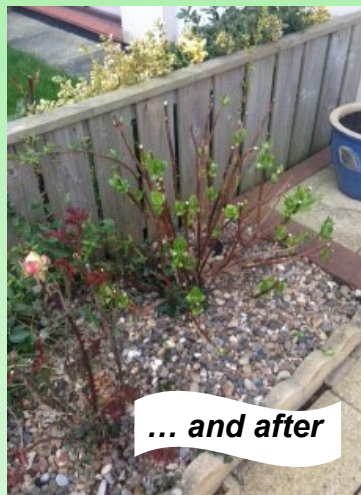
Talk to us today  
we're available

Monday to Friday 9.00am to  
4.00pm

t 0191 374 6363



Before ...



... and after

**Our Help at Home project is on it's way**

Our first help at home visit took place on a bright but cold spring morning in February. Our volunteer visited a client to do some spring gardening. She told us,

*'I am delighted with the work carried out, the gentleman was very friendly and once finished we enjoyed a cup of tea and chat'*

**Coming soon to our Betjeman Close Resource Centre ...**

**Make it Mondays**  
Gentle exercise  
Crafting

**Talking Tuesday**  
Baking  
Afternoon tea

**Wheels on Wednesday**  
Book a bus  
Shopping Club

**Thinking Thursday**  
Exercise for all  
Films, Music,  
Photography

**Feel Fine Friday**  
New Age Kurling  
Light Bite Lunch  
Friday fitness



# Easter Craft Workshop

Make your own Easter wreath

Includes all materials,  
tuition and  
light refreshments

**£15**



**Our Easter  
workshop is  
filling up quickly  
Call us NOW  
to book your  
place!**

## Saturday 4 April 2020

**10.30am to 12.30pm**

**£10 non-refundable deposit to be paid in advance**

Community Shed, Age UK County Durham Superstore  
Belmont Business Park, DH1 1TH

**Pre-book your place by contacting us**

**t** 0191 374 6361

**e** [info@ageukcountydurham.org.uk](mailto:info@ageukcountydurham.org.uk)

## Programme of activities for people aged 50 and over

These activities are also listed on our website google calendar  
<https://www.ageuk.org.uk/countydurham/activities-and-events/>

Monday			
What	When	Where	How much
<b>Basic Computers</b> <i>(1 to 1 sessions)</i> <i>Pre-booking is essential</i>	9.30—11.30am <i>Hourly sessions</i> <i>Weekly</i>	Belmont Library <b>Durham DH1 2AA</b>	£10 per 4 week course
<b>Tai Chi Class</b> <i>Keep active and make new friends</i>	10.30—11.30am <i>Weekly</i>	Betjeman Resource Centre <b>Stanley DH9 6UD</b>	£3.00 per session
<b>Tai Chi Class</b> <i>Keep active and make new friends</i>	10.30am—12.00pm <i>Weekly</i>	Shakespeare Hall <b>Durham DH1 4SQ</b>	£3.00 per session
<b>Watercolours Group</b> <i>Keep active and make new friends</i>	1.00—3.00pm <i>Weekly</i>	Betjeman Resource Centre <b>Stanley DH9 6UD</b>	£2.50 per session
Tuesday			
<b>Come Eat at The Avenue</b> <i>Two course meal with activity</i>	12.00—2.00pm <i>1<sup>st</sup> Tuesday of the month</i>	The Avenue <b>High Shincliffe DH1 2PT</b>	£7.00 per session
<b>Come Eat at The Old Mill</b> <i>Two course meal with an activity</i>	12.00—2.00pm <i>2nd Tuesday of the month</i>	The Old Mill Metal Bridge <b>Ferryhill DH6 5NX</b>	£7.00 per session
<b>Kelloe Lunch Club</b> <i>Two course meal and time to chat</i>	12.00 – 2.30pm <i>Last Tuesday of the month</i>	Community Room, Kelloe Primary School <b>Kelloe DH6 4PG</b>	£3.00 per session
<b>New College Durham Lunch Club</b> <i>Two course meal and time to chat</i>	12.15—2.00pm <i>2nd Tuesday of the month</i> <b>TERM TIME ONLY</b>	New College Framwellgate Moor Campus <b>Durham DH1 5ES</b>	£5.00 per session
<b>Trinity Lunch Club</b> <i>Two course meal and time to chat</i>	12.30—2.30pm <i>1<sup>st</sup> Tuesday of the month</i>	Trinity Church <b>Spennymoor DL16 7NB</b>	£5.00 per session

*Start your day with Age UK*

## Wednesday

<b>Gent's breakfast at Belmont</b> <i>English breakfast and time to chat</i>	9.30—10.30am <i>1<sup>st</sup> Wednesday of the month</i>	Café Dafte Pulman Skoda Belmont Ind Estate <b>Durham DH1 1HP</b>	£4.00 per session
<b>Gentlemen's Breakfast Club</b> <i>English breakfast plus a guest speaker</i>	9.30—10.45am <i>3<sup>rd</sup> Wednesday of the month</i>	Café Cenno Indoor Market <b>Durham DH1 3NJ</b>	£4.00 per session
<b>Brunch at Rowan Avenue</b> <i>Bacon/sausage sandwich with tea/coffee</i>	10.00—11.30am <i>Last Wednesday of the month</i>	Rowan Avenue Community Lounge <b>Shildon DL4 2AS</b>	£2.00 per session
<b>New Age Kurling</b> <i>Keep active and make new friends</i>	10.00—11.30am <i>Weekly</i>	Bournmoor Community Centre <b>Bournmoor DH4 6UD</b>	£1.00 per session
<b>New Age Kurling</b> <i>Keep active and make new friends</i>	10.30am —12.00pm <i>Weekly</i>	St Mary's Church Hall <b>Easington Village SR8 3BP</b>	£3.00 per session
<b>LGBT Group</b> <i>Talks, activities and cultural visits and time to chat</i>	11.00am-1.00pm <i>2<sup>nd</sup> Wednesday of the month</i>	North Road Methodist Church, <b>Durham DH1 4SG</b>	£2.00 per session
<b>Come Eat at The Saxon Inn</b> <i>Two course meal with a pub quiz</i>	12.00—2.00pm <i>2<sup>nd</sup> Wednesday of the month</i>	The Saxon Inn <b>Escomb DL14 7SY</b>	£7.00 per session
<b>Afternoon Dinner Dance</b> <i>Hot lunch followed by tea dance with live music</i>	12.00—3.00pm <i>1<sup>st</sup> Wednesday of the month</i>	Shildon Civic Hall <b>Shildon DL4 1AH</b>	£6.50 per session
<b>Boulmer Court Lunch Club</b> <i>Two course meal with activities</i>	12.30—2.00pm <i>4<sup>th</sup> Wednesday of the month</i>	Boulmer Court <b>Chester le Street DH2 2HY</b>	£4.50 per session
<b>Derwentside College Lunch Club</b> <i>Two course meal and time to chat</i>	12.30—2.30pm <i>2<sup>nd</sup> Wednesday of the month</i> <b>TERM TIME ONLY</b>	Derwentside College <b>Consett DH8 5EE</b>	£6.00 per session
<b>Lunch at The Elms</b> <i>Two course meal with activity</i>	1.00—2.30pm <i>1<sup>st</sup> Wednesday of the month</i>	The Elms <b>Chester le Street DH2 3EJ</b>	£7.00 per session
<b>Burnhope Lunch Club</b> <i>Two course meal with activity</i>	1.00-2.30pm <i>Last Wednesday of the month</i>	Burnhope Community Centre <b>Burnhope DH7 0AG</b>	£5.95 per session

*Start your day with Age UK*



## Thursday

<b>Circuit Training</b> <i>Keep active and make new friends</i>	10.00— 11.00am Weekly	Betjeman Resource Centre <b>Stanley DH9 6UD</b>	£2.50 per session
<b>Forget Me Notes</b> <i>Dementia Friendly Community Choir</i>	10.00am—12.00pm Weekly	Ushaw Moor College <b>Durham DH7 9RH</b>	FREE
<b>Wood Craft Session</b> <i>Make wooden items to sell in our shops</i>	10.00am—12.00pm Weekly	Age UK County Durham Community Shed Mandale Park, Belmont <b>Durham DH1 1TH</b>	FREE
<b>Gentle seated exercise</b> <i>Keep active and make new friends</i>	11.00am— 12.00pm Weekly	Delves Lane Village Hall <b>Consett DH8 7BH</b>	£3.00 per session
<b>Bowburn Lunch Club</b> <i>Two course meal and time to chat</i>	12.00 – 1.30pm <i>2<sup>nd</sup> Thursday of the month</i>	Bowburn Community Centre Durham Road <b>Bowburn DH6 5AT</b>	£5.00 per session
<b>Coxhoe Lunch Club</b> <i>Two course meal and time to chat</i>	12.00 – 1.30pm <i>Last Thursday of the month</i>	Coxhoe Village Hall Front Street <b>Coxhoe DH6 4DB</b>	£5.00 per session
<b>Castleside Lunch Club</b> <i>Two course meal with good company and an activity</i>	12.00 – 2.00pm <i>1<sup>st</sup> Thursday of the month</i>	Castleside Village Hall Drover Road <b>Castleside DH8 9RE</b>	£5.00 per session
<b>The Kingslodge Lunch Club</b> <i>Two course meal with a quiz and time to chat</i>	12.00—2.00pm <i>2<sup>nd</sup> Thursday of the month</i>	The Kingslodge Inn <b>Durham DH1 4BG</b>	£6.50 per session
<b>Cleves Cross Lunch Club</b> <i>Two course meal with an activity</i>	12.00—2.00pm <i>3<sup>rd</sup> Thursday of the month</i>	Ferryhill Sports & Education Centre <b>Ferryhill DL17 8TB</b>	£5.00 per session
<b>Chester le Street Lunch Club</b> <i>Two course meal with activities</i>	12.00—2.00pm <i>3<sup>rd</sup> Thursday of the month</i>	Chester le Street Cricket Club <b>Chester le Street DH3 3PF</b>	£8.00 per session
<b>East Durham College Lunch</b> <i>Two course meal and time to chat</i>	12.00—2.00pm <i>3<sup>rd</sup> Thursday of the month</i> <b>TERM TIME ONLY</b>	Peterlee Campus <b>Peterlee SR8 2RN</b>	£5.95 per session
<b>Bishop Auckland College Lunch Club</b> <i>Two course meal with an activity and time to chat</i>	12.00—2.00pm <i>Last Thursday in the month</i> <b>TERM TIME ONLY</b>	Bishop Auckland College, Woodhouse Lane <b>Bishop Auckland DL14 6JZ</b>	£6.50 per session
<b>Gentle Exercise</b> <i>Keep active and make new friends</i>	1.00—2.00pm Weekly	Glenroyd House <b>Consett DH8 5HL</b>	£3.00 per session

*Start your day with Age UK*

## Thursday (continued)

What	When	Where	How much
<b>New Age Kurling</b> <i>Keep active and make new friends</i>	1.00—2.00pm <i>Weekly</i>	Fulforth Centre <b>Sacriston DH7 6JT</b>	£2.00 per session
<b>St John's Lunch Club</b> <i>Two course meal with an activity and time to chat</i>	1.00-2.30pm Last Thursday of the month	St John's Hall Meadowfield <b>Durham DH7 8RP</b>	£6.00 per session
<b>Tai Chi Class</b> <i>Keep active and make new friends</i>	2.00—3.00pm <i>Weekly</i>	Easington Methodist Church Hall <b>Easington Colliery SR8 3PE</b>	£2.00 per session

## Friday

<b>Northumbrian Water Lunch Club</b> <i>Two course meal with an activity and time to chat</i>	1.00—2.00pm <i>3<sup>rd</sup> Friday of the month</i>	Boldon House Pity Me <b>Durham DH1 5FA</b>	£4.00 per session
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## Shopping clubs

*Members can receive a door-to-door service, wider variety of shops and supermarkets, help with heavy bags as well as time to enjoy refreshments and a chat*

<b>Barnard Castle</b> to Tindale, West Auckland	10.00am – 1.00pm	2 <sup>nd</sup> Friday of the month	£6.00
<b>Chester le Street</b> to Washington Galleries	11.00am–3.00pm	Held monthly on last Thursday of the month	£6.00
<b>Middleton-in-Teesdale</b> to Tindale, West Auckland	10.30am – 2.00pm	2 <sup>nd</sup> Friday of the month	£5.00
<b>Newton Aycliffe</b> to Tindale, West Auckland	9.30am—12.30pm	Fortnightly on Fridays	£5.00
<b>Shildon</b> to Tindale, West Auckland	10.00am - 12.30pm	Fortnightly on Thursdays	£3.50
<b>Wear Valley</b> to Tindale, West Auckland	9.15am - 12.30pm	Fortnightly on Tuesdays	£5.00

**For more information about any of these activities or the services we can provide, please contact us**

t 0191 386 3856

e [info@ageukcountydurham.org.uk](mailto:info@ageukcountydurham.org.uk)

w [ageuk.org.uk/countydurham](http://ageuk.org.uk/countydurham)

*Start your day with Age UK*

# Contact us for more information about our activities and services



## Help at Home

Staying safe and well at home with friendly and helpful support  
t 0191 374 6363  
e [info@ageukcountydurham.org.uk](mailto:info@ageukcountydurham.org.uk)



## Information and Advice

Help to claim welfare entitlements.  
t 0191 374 6367  
e [yourrights@ageukcountydurham.org.uk](mailto:yourrights@ageukcountydurham.org.uk)

## Come Eat Together

Promoting health and wellbeing  
t 0191 374 6577  
e [cet@ageukcountydurham.org.uk](mailto:cet@ageukcountydurham.org.uk)

## Beat the Scammers

How to avoid telephone scams  
t 0191 374 6577  
e [cet@ageukcountydurham.org.uk](mailto:cet@ageukcountydurham.org.uk)

## Social Activities

Health and wellbeing for older people  
t 0191 374 6568  
e [info@ageukcountydurham.org.uk](mailto:info@ageukcountydurham.org.uk)

## Burnhope Heritage Project

Social history from the 1840's to today  
t 0191 374 6560  
e [info@ageukcountydurham.org.uk](mailto:info@ageukcountydurham.org.uk)

## Intergenerational Programme

Understanding between young and older people  
t 0191 374 6561  
e [info@ageukcountydurham.org.uk](mailto:info@ageukcountydurham.org.uk)



## All other enquiries

t 0191 386 3856

e [info@ageukcountydurham.org.uk](mailto:info@ageukcountydurham.org.uk)

w [ageuk.org.uk/countydurham/](http://ageuk.org.uk/countydurham/)