

Befriending Newsletter



Find the latest news on our Befriending Service

Meet the team



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Issue 1 August 2023

Meet the Befriending Team



"I enjoy interacting with others and helping support others in my local community"

Lynsey has been with us since 2018, and began her role within the Befriending Team in April 2023. She works to help the older community in North Tyneside to combat the effects of loneliness.

Nicola has had an exciting change of roles recently. She's moved from our Befriending and Health & Wellness Team over to our CARE Point Team. One of her dementia activity groups held a lovely farewell party for Nicola and even made her some personalised bunting.

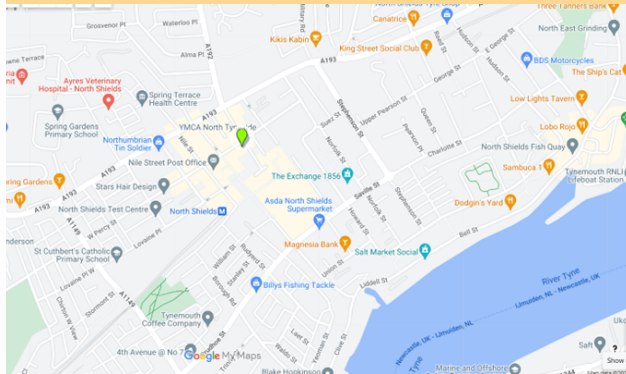


We wouldn't be where we are without our volunteers and so we would like to say a massive thank you to Annelise who supported three Befriending customers. We wish her the best of luck with her new job - she will be a huge miss!

Volunteer Coffee Mornings

Our wonderful volunteers join together for coffee mornings to share ideas and thoughts about the future of Befriending with Age UK North Tyneside. If you would like to join them in one of our future dates, get in touch.

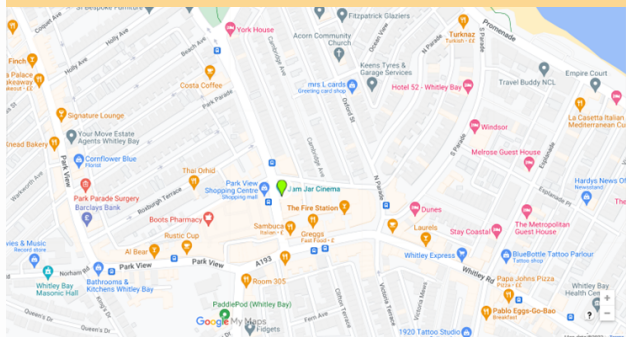
Upcoming Dates...



- **Tuesday 5th September 11am - YMCA Cafe, North Shields**
- **Thursday 7th September 1pm - YMCA Cafe, North Shields**



Join our team of
volunteers today
by calling
0191 287 7011



- **Thursday 14th September 1pm - Reggie's Cafe, Whitley Bay**

Our customers

Some wonderful stories from our lovely customers in North Tyneside.



This is Pam, one of Age UK North Tyneside's community customers. Here she is with her new blanket delivered by the Everyday Care & Support team. Everyone was chuffed with their new blankets and they will surely come in handy in the colder months.

Barbara, and her lovely volunteer Jean have been busy getting crafty. Their recent project is an astrological piece for Barbara's grandson. I'm sure he'll be over the moon when he sees it!



What's on at Age UK North Tyneside?

Our variety of accommodating and exciting Health & Wellness classes are a brilliant way of getting out of your comfort zone and meeting new people.



Ladies Who Lunch

Our Ladies Who Lunch Group meet every other Monday at the Gibraltar Rock in Tynemouth for some delicious food and great chat with friends.

The Supper Club

We also offer the opportunity to enjoy dinner at our Supper Club. Participants come together every other Thursday at The Beacon in Whitley Bay to enjoy some pub classics and make great friends

Each of these groups have no charge, just pay for your own meal.

Check out our range of Health & Wellness groups and book yourself a FREE taster session during August

- Seated Pilates
- Functional Balance
- Walking Football
- Seated Zumba
- Seated Exercise

Call 07974 185 070 or email
healthandwellness@everydayuk.org

Volunteering

Join our wonderful team and help make changes in your community by volunteering with Age UK North Tyneside.

What?

Our Volunteers are important to the work we do at Age UK North Tyneside and we are currently looking for individuals to help within our Befriending Team. You will have the opportunity to alleviate the effects of loneliness and social isolation and empower them to regain confidence.

Why?

Volunteering gives you the opportunity to use your valuable skills and experiences within the community. It is a great way to make a positive impact on the lives of residents in North Tyneside in a comfortable and friendly environment.

How?

We recognise that an individual of any age or background can make an amazing Volunteer and be an asset to our team. You can visit our website, ageuk.org.uk/northtyneside or call us on 0191 287 7011 to find out more on starting your volunteering journey.