

APRIL 2019

Bark in the Park is back!

Our sponsored dog walk and dog show returns this Summer, plus—
New for 2019: Our first dog pageant.

Does your four-legged friend have what it takes to take home the crown (or tiara)?

As well as pageant King and Queen, categories will include best pedigree, best puppy, prettiest bitch and most handsome dog, plus many more.

See page 8 for full details.



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Starts
Monday
20th May
2019



MONDAY MEETUP



1.30PM - 3.00PM

YARM FELLOWSHIP HALL, WEST STREET

Join our new social group, which will include chair-based exercises, games, quiz's & a chance to meet new people every fortnight.

Will include tea, coffee, cake/biscuits at £1 per person.

CALL GILL OR HELEN ON 01642 80 55 00

Music in Hospitals

Age UK Teesside and Music in Hospitals are working together to bring live music shows to the Livewell Hub in Thornaby every month.

April saw the Bloomfield duo delight the group with their musical performance. The next show will be Wednesday 8th May with singer/guitarist Christine Rosemond.

Places fill up fast, so call ahead and book yours. For those who can't make it, or if you just want to see what it's all about, we post videos of the performance on to our Facebook page for all to enjoy.





Pop-up Music Cafés are Coming to Town!



Free concerts for over 50s

Come along and experience the joy of live music at
The Livewell Hub, Thorntree Road, Thornaby TS17 8AP

Wednesday 8th May at 1:00 pm

Christine Rosemond
singer/guitarist

To book a place please call Louise or Gill at
Age UK Teesside:
01642 805 500



This concert has been provided by the charity
Music in Hospitals & Care. To find out more or
to donate online, please visit: mihc.org.uk

Registered Charity England & Wales: 1051659 Scotland SC038864



facebook.com/MiHCUK



twitter.com/mihcwalton



youtube.com/mihc

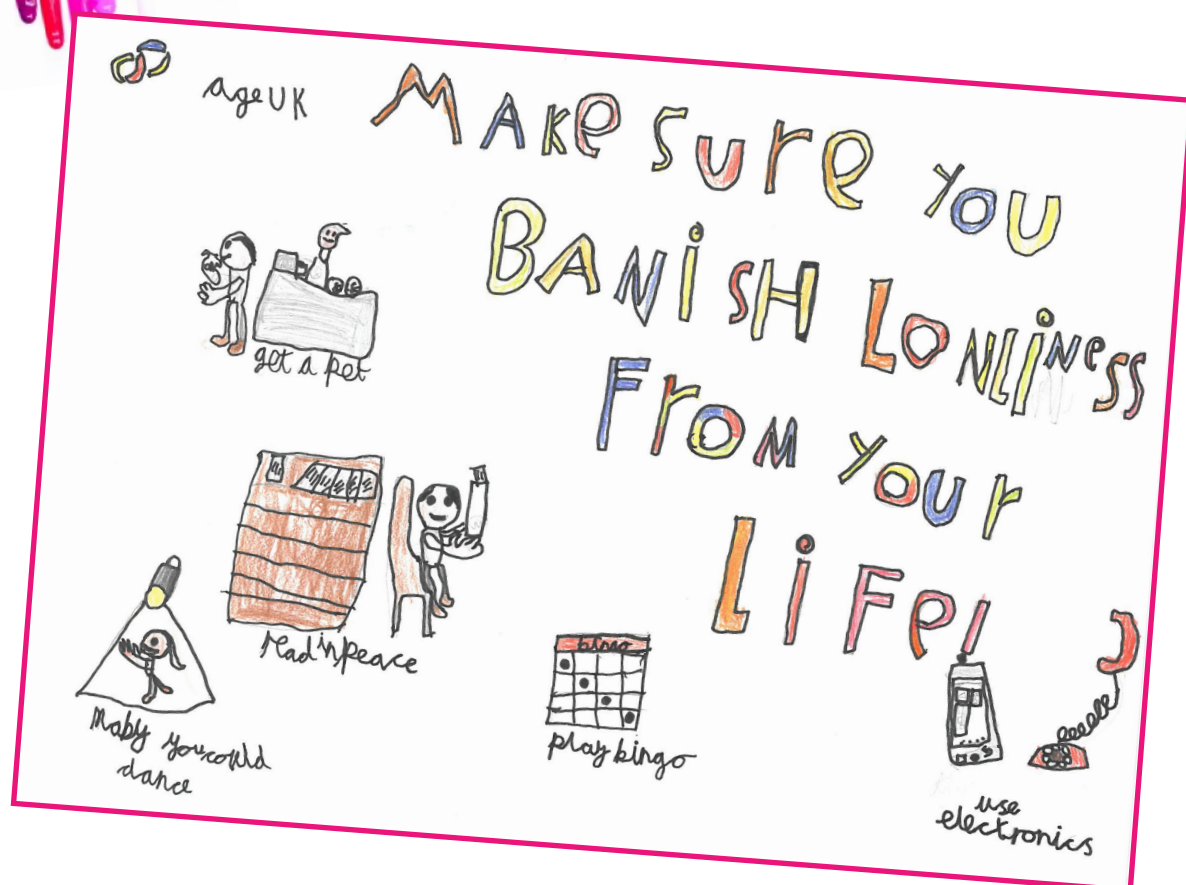
March Against Loneliness:

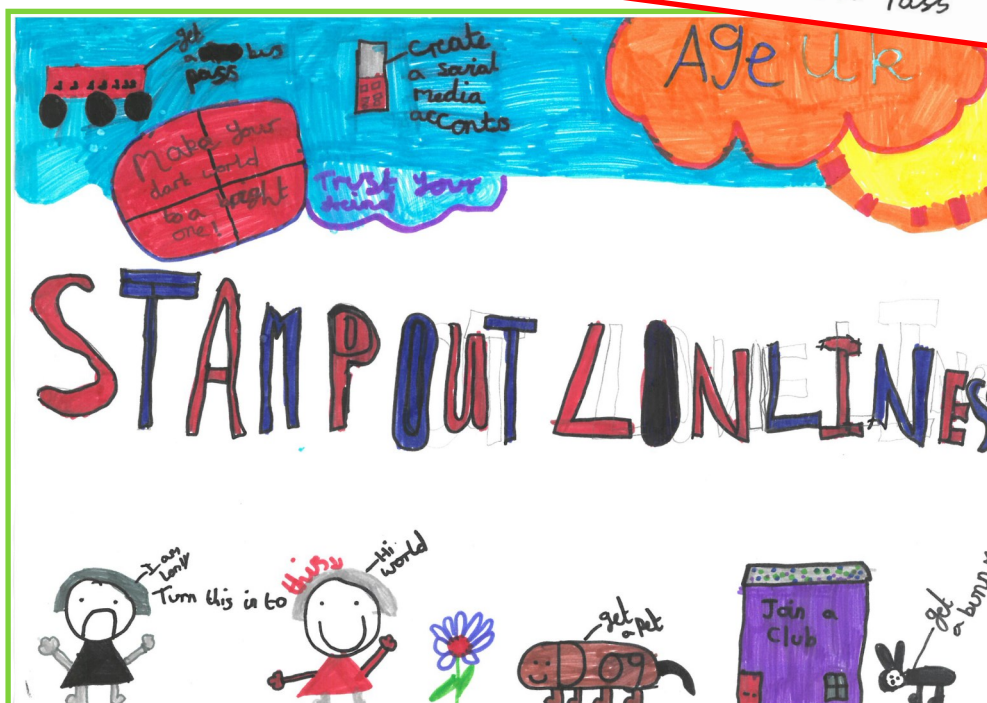
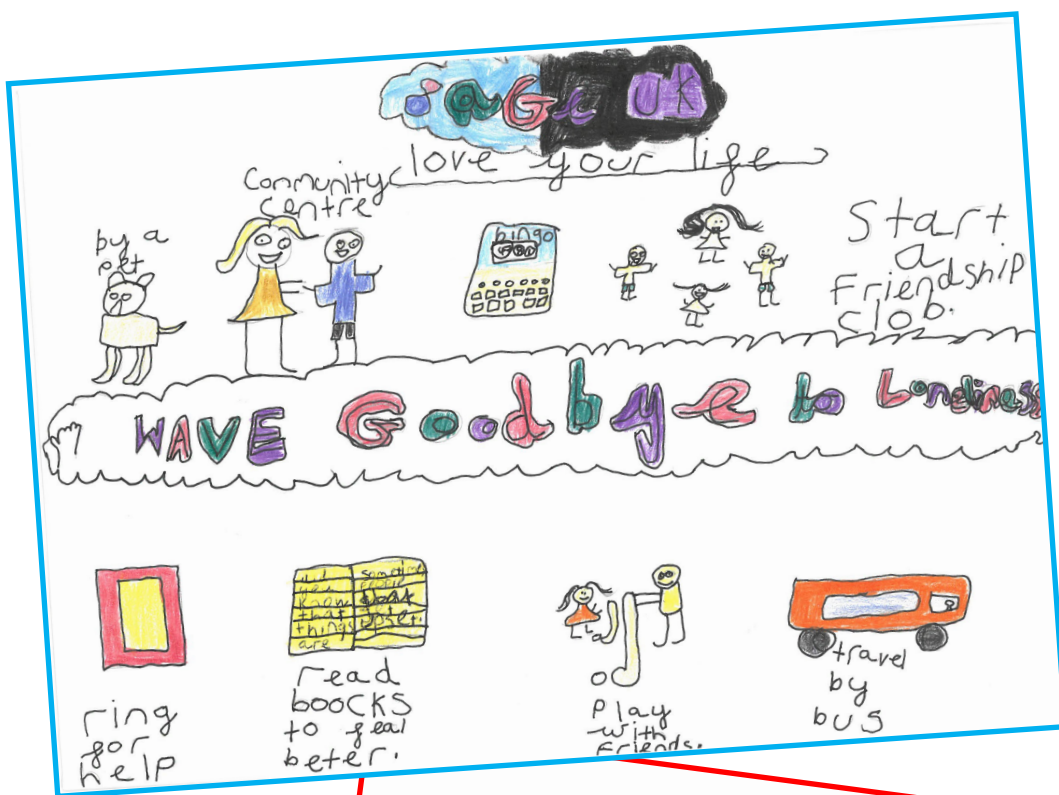
Children's Art & Poetry Competition

This year our Head of Fundraising, Laura, contacted The Lakes Primary School Redcar, about taking part in our first ever art and poetry competition. The children were asked to think about loneliness and how it might affect older people.

The children were then asked to produce a poster on ways to tackle loneliness, and winning posters will be chosen, one from the aged 6-8 category and another from the aged 9-11. The children aged between 9 and 11 were also asked to write a poem about loneliness, from which, there will be one winner. The winners will be selected by our very own Dorothy Rose and each will receive a prize and be featured in next month's newsletter.

We would like to say a big thank you to all the children and the staff at The Lakes Primary School for taking part in this year's March Against Loneliness. We hope you enjoy taking look at some of their brilliant work, which is displayed across the following pages.





Aged 9-11





Some people might be lonely,
 But you're not the only one.
 Everyone feels lonely sometimes,
 But you always have help on your side.
 Some people are not that bright,
 But some people need to switch on the light.
 Some people care.
 But it's just not fair.
 Sometimes people are there,
 But sometimes they are elsewhere.
 Fun never lasts,
 But love can stay forever.

Sometimes people can be left alone,
 Or their relatives might think they are extremely boring,
 Their loved ones might pass away,
 But we shouldn't stop caring.
 Sometimes, people may not remember things,
 Or may not be able to pick up the phone when its ringing
 They may not be able to walk and talk,
 But we shouldn't stop caring.
 Sometimes, people may be treated differently,
 Just because of their skin,
 And sadly, this still happens today,
 But we shouldn't stop caring.
 Sometimes, people won't be respected because of their
 gender,
 Or because of their sports team,
 My dream is for everyone to feel happiness,
 So let that sadness out of your inner soul.

Sometimes people can feel down,
 On their face they wear a frown.
 Sometimes people can feel afraid,
 They feel scared and not very
 brave.
 Sometimes people can feel fear,
 Their eyes fill up with tears.
 Sometimes people can feel
 anxious,
 They worry a lot and may get
 suspicious.
 Sometimes people can feel alone,
 All they wish for is someone to
 pick up the phone.
 Sometimes people can feel
 isolated,
 They may think they are hated.
 All of these people just need a
 helping hand,
 And someone to listen and
 understand.
 They need a family, a friend or Age
 UK,
 To take all of their troubles away.

STROLLERS & STRAGGLERS

Dementia Walking Group

FOR PEOPLE WITH DEMENTIA & THEIR CARERS. THE SESSION WILL INCLUDE A LOCAL WALK AND REFRESHMENTS IN A SOCIAL SETTING.

THE SESSIONS ARE OPEN TO ANYONE IN THE TEESSIDE AREA TO ATTEND.

FOR MORE INFORMATION PLEASE CONTACT ANNE SYKES OR LOUISE WHEATLEY ON :

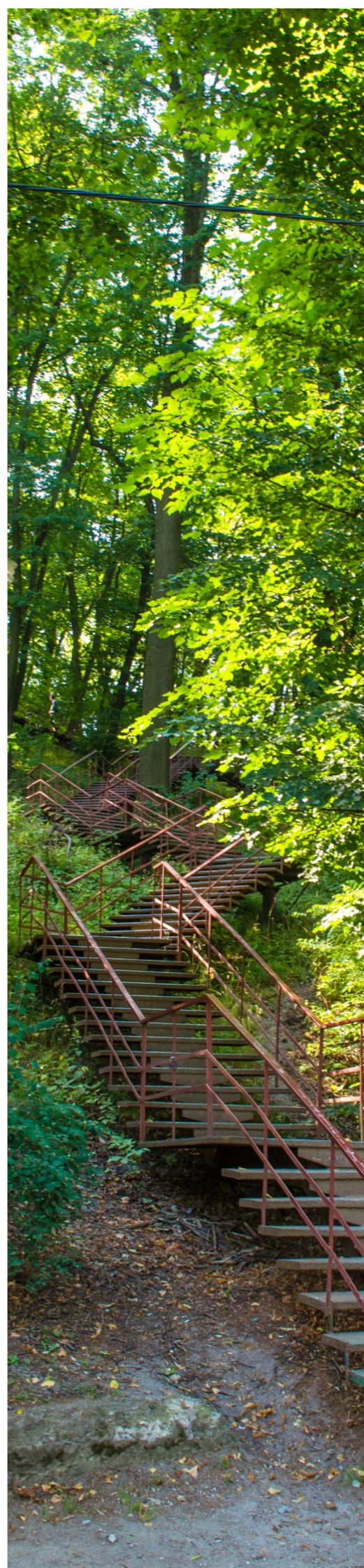
01642 80 55 00

Walking routes will rotate on a 4-weekly basis, including:

TEES BARRAGE
ROPNER PARK
PRESTON PARK
THORNABY

10:00am - 12:00noon

Monday



Walking Group Schedule (May - July 2019)

May 2019

6th - Bank Holiday
13th - Ropner Park
20th - Norton
27th - Bank Holiday



June 2019

3rd - Stewart Park
10th - Teesside Barrage
17th - Preston Park
24th - Ropner Park

July 2019

1st - Teesside Barrage
8th - Preston Park
15th - Stewart Park
22nd - Norton

If weather is bad we will be doing activities at the Livewell HUB Thornaby within our Monday Mates Group, all will be welcome to join this group.

Please contact Louise on **07737213018** or Age UK Teesside on **01642805500** if you can't make it or would like to join .



Photographs from Tees Barrage walk on March 26th 2019

Bark in the Park

Last year's Bark in the Park was a fantastic event and we are aiming to make this year bigger and better. We are welcoming everyone to take part in the 3-mile sponsored walk around Preston Park for just £5 per dog plus sponsorship.

Our Fun Companion Dog Show will be returning, full category list below, as well as the addition of the pageant, winners of which will take home a crown.

Categories include:

Best Puppy

Best Pedigree

Best Crossbreed

Prettiest Bitch

Handsome Dog

Best Rescue

Best Child Handler

Best Fancy Dress

Best Veteran

Best Trick

Dog Judge would most like to take home

Waggiest Tail

Best Toy breed

Best Large breed

Entry costs £1.50 per dog per category (enter on the day).
Rosettes 1st-4th place.

Cups for Best in Show and Best Child Handler.

The Dog Show takes place at 12.30pm on the main field outside Preston Hall immediately after the Bark in the Park Dog Walk.

Special thanks to our fantastic Judge Patricia Hogg for all the work she does on the day and in the lead up to the event.



FEATURING
Fun Companion Dog Show
Starts 12.30pm

CALLING ALL DOGS!



BARK
IN THE PARK

SUNDAY
28 JULY 2019



**GET YOUR FRIENDS & FAMILY TOGETHER FOR A 3 MILE SPONSORED
WALK IN THE PARK. SUNDAY 28 JULY 2019, PRESTON PARK, STOCKTON ON TEES
STARTS AT 11AM (REGISTRATION FROM 9.45AM)**

**£5 ENTRY PER DOG PLUS SPONSORSHIP
EVERY DOG WILL RECEIVE A FREE DOGGY BAG**

If you would like to take part in any of our fundraising events, or to set up
one yourself, please contact Laura on **01642 433 727**

AGE UK TEESSIDE

LASTING POWER OF ATTORNEY

Our Information and Advice service have specially trained staff to help you with setting up your Lasting Power of Attorney. *Costs are £200-£364 for one person and £300-£628 for two people.

*Costs are dependent on eligibility for court fee exemption.

Health & Welfare LPA

Use this LPA to give an attorney the power to make decisions such as :

1. Daily routine, for example washing, dressing or eating
2. Medical care
3. Moving into a care home
4. Life-sustaining treatment

Property & Financial Affairs LPA

Use this LPA to give an attorney the power to make decisions such as :

1. Managing a bank or building society account
2. Paying bills
3. Collecting benefits or a pension
4. Selling your home

**To find out more or to make an appointment
please call 01642 805500**



MIDDLESBROUGH TRANSPORTER BRIDGE

BUNGEE JUMP

FOR AGE UK TEESSIDE

Experience the undeniable rush of one of the worlds most exciting activities Bungee Jumping!

Raise money for the older people in Teesside whilst taking to the skies and taking the leap of faith into the air, after hearing the famous words - **3,2,1, Bungee!**

The incomparable and ultimate thrill will have your heart racing as you fall towards the water below, only to experience the excitement of being pulled back towards the sky.

SUNDAY 14TH JULY 2019

£20.00 ENTRY PER PERSON & £100.00 MINIMUM SPONSORSHIP

To sign up please call **01642 433727** or **07921 464126**
or sign up online at **www.ageuk.org.uk/teesside**
Email **laura.wedgwood@ageukteesside.org.uk**



Love later life

Friendship Friday



Enjoy a Quiz, Raffle and Prize Bingo!

Bingo & Raffle tickets available to purchase
(bring along a raffle prize)

Fish n Chip lunch £4.60 or bring a packed lunch.

11.15am – 2.30pm

£2.00 Admission (includes refreshments)

Do you live in Teesside? Want to be more socially active? Join our Friendship Friday group!

At St Cuthbert's Church Hall
Stokesley Rd
Marton
Middlesbrough TS7 8JU

For more information please call

01642 433 723

email tina.bonner@ageukteesside.org.uk

or visit www.ageukteesside.org.uk

Age UK Teesside is a charitable company limited by guarantee and registered in England and Wales
Registered Charity Number: 702714
Company Number: 2152353
190 Borough Road Middlesbrough TS1 2EH



Better Health Better Wealth: Group Timetable

Monday Mates—NEW

Mondays, 10.30am—12pm

Live Well Hub, Thorntree Road, Thornaby.

Sessions are 50p

Try-It-Tuesday

Tuesdays, 1pm—3pm.

Thornaby Pavillion, Thornaby, Stockton-On-Tees.

Friday Friends (for those living with Dementia)

Fridays, 1pm—3pm.

Live Well Hub, Thorntree Road, Thornaby.

Sessions are 50p.

Carers meet at the same time in the room next door.

Thornaby Sociable Club

Wednesdays from 10.30am—12pm

Live Well Hub, Thorntree Road, Thornaby.

Sessions are 50p.

Zumba Gold Class

Monday from 2pm—3pm

South Thornaby Resource Centre, Havilland Road, TS17 9NG .

Classes are £3.00 per session.

*Phone the BHBW Team
on 01642 805500*

*to book your place for
any of our events/
groups.*



Phoenix 2019

Mondays

Carpet Bowls

Fun, Social, Group (Bring a packed lunch)

10.30am – 2.00pm

£1.00 per session

At Grove Hill Community Hub

Bishopton Rd

Grove Hill

Middlesbrough TS4 2RP



Tuesdays

Lunch n Social

Come along and make new friends, enjoy Dominoes, Scrabble, Chess or tackle a jigsaw!

Light lunch plus refreshments provided.

£4.00 per session (catering) or bring a packed lunch.

11.00 am – 2.00pm

Booking essential contact Tina for details

At North Ormesby Community Hub

Derwent Street,

North Ormesby

Middlesbrough TS3 6JB



Podiatry Service Contact Tina for details and appointments.

Wednesday

Chair Exercise & Reminiscence Activities 10.am – 11.am

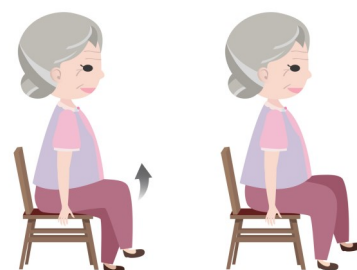
Chair exercise is a fun seated workout for people living with dementia, including a vast range of gentle exercises without leaving your chair. Join in and reap the physical benefits all whilst having fun with friends and reminiscing about past times.

At Grove Hill Community Hub

Bishopton Rd

Grove Hill

Middlesbrough TS4 2RP



Thursdays

Craft sessions

Knitting Embroidery Card making Crochet – or bring along your own craft/idea?

10am – 12noon

60p to include refreshments

At Grove Hill Community Hub

Bishopton Rd

Grove Hill

Middlesbrough TS4 2RP



Fridays (every 2 weeks—see schedule on page 14)

Friendship Friday

Enjoy a Quiz, Raffle and Prize Bingo!

Bingo & Raffle tickets available to purchase (bring along a raffle prize)

Fish n Chip lunch (£4.60p) or bring a packed lunch.

11.15am – 2.30pm

£2.00 admission to include refreshments

Booking essential contact Tina

At St Cuthbert's Church Hall

Stokesley Rd

Marton

Middlesbrough TS7 8JU



Saturday morning & Monday evening

Zumba Gold – Shake it at your own pace – A class for all abilities!

1st 6 sessions free for 50 +

Contact Glyn for times and venue Tel .07512 661895.

Contact Tina 01642 433723 / Mobile 07834 181188

or reception 01642 805500

Gill & Helen

Gill Martin and Helen Maycroft, of our Better Health Better Wealth and IPC teams, recently underwent training to deliver Chair-Based Exercise with Nouveau Wellbeing. Here are Gill and Helen after receiving their certificates (right). Chair-Based Exercise is a gentle form of exercise that is fun and good for you, call today for more information about a group near you.



Ellie & Laura

Ellie Lowther, our new Equality & Diversity Officer, is a very busy woman, here she is (below) with our Head of Fundraising, Laura Wedgwood, they are preparing to record an interview for her Ellie's radio show, which airs on Community Voice FM. Ellie also spoke at the House of Commons this month, delivering a Trans-Aware session to MP's.



Age UK Teesside are once again taking part in the Big Knit Campaign.

This year's target is 2,000 hats and we welcome all participants of all knitting experience to help us raise money to battle loneliness amongst older people across Teesside.

You can use the knitting pattern we have provided or go online to thebigknit.co.uk for further inspiration.



sombrero hat

intermediate crochet pattern by Juliet Bernard

Yarn: Red and yellow

Crochet hook: 3.5mm

Hat

You will be working in spirals so you might like to use a locking stitch marker to keep track of the round.

Using the magic loop technique and red yarn make 6dcs into the ring. Join with a ss.

Round 1: make 2dc in each dc from the previous round.
Join with ss (12sts)

Round 2: *1 dc, 2dc in next dc, repeat from * to the end of the round. Join with ss (18sts)

Round 3: *1 dc in next 2 dcs, 2dc in next dc, repeat from * to the end of the round. Join with ss (24sts)

Round 4: 1 dc, in each dc to the end of the round. Join with ss.

Repeat round 4, 3 more times.

Round 8: * 2dc in next st, 5dc, repeat from * to the end of the round (28sts)

Round 9: *2dc in next st, 1dc, repeat from * to the end of the round (42sts)

Round 10-11: 1dc in each st

Round 12: change to yellow, 1dc in each st

Fasten off and sew in ends.



send your hats to: **FAO: Tina Bonner, Age UK Teesside**
Dorothy Rose Suites (29-32), The TAD Centre
Ormesby Road, Middlesbrough, TS3 7SF

Abbreviations: ch – chain | st(s) – stitch(es) | dc – double crochet | ss – slip stitch

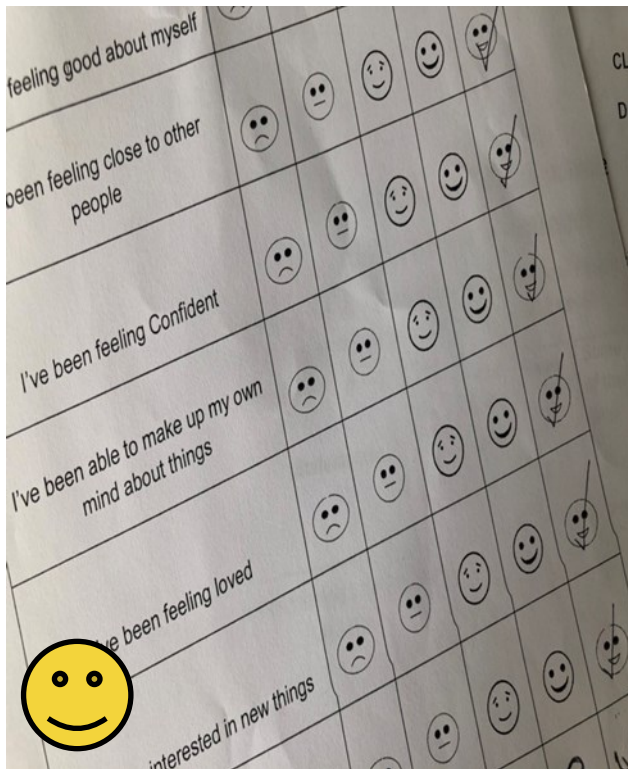


Redcar Befriending Service

Age UK Teesside's Redcar Befriending service aims to enhance and improve the lives of the people we meet. We provide support and friendship which will improve confidence and wellbeing. Allocating a volunteer befriender to spend time with a client reduces loneliness and isolation experienced by so many throughout the UK. One of the ways we like to monitor the success of our befriending relationships is carrying out a small assessment at various times throughout the Befriending services involvement.

In Redcar we recently carried out this assessment, which also works as an outcome measure with one of clients who had been allocated a befriender a number of weeks before. This identified to us that, since having a befriender, this lady identified herself as always feeling good about herself, feeling confident and always feeling cheerful. When compared with the assessment which was carried out prior to having a befriender, we could see a huge improvement in many aspects of this ladies life. This highlighted to us the difference our service can make to the quality of a person's life, and what a great success this match was.

Carrying out assessments of this nature allows us to identify successes and areas for improvement within the service which is greatly important to us as we strive to always adapt to meet the needs of our clients and ensure they have the best possible experience from Redcar and Cleveland's Befriending service.

A grid of smiley face icons used for a self-assessment survey. The grid has 5 rows and 5 columns. The rows are labeled on the left: 'feeling good about myself', 'been feeling close to other people', 'I've been feeling Confident', 'I've been able to make up my own mind about things', and 'I've been feeling loved'. The columns are labeled at the top: 'CL', 'Da', and 'CL'. Each cell contains a smiley face icon, with some having a checkmark next to them. A large yellow smiley face icon is also visible in the bottom left corner of the grid.

Redcar Befriending: Extended Service

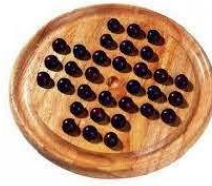
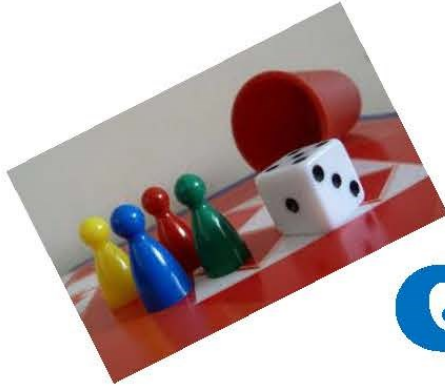
Redcar and Cleveland's extended service has continued to grow and see success throughout recent months. Silver Surfers, the IT support group set up at the end of 2018 continues to help people living in the local area to gain advice and education with technology, in addition to this being a class to learn, clients are able to socialise, chat and form friendships which is invaluable.

Silver Surfers is always happy to welcome newcomers to join in the fun and learning, so please come along. We would also love more volunteers who would like to engage in groups like this or to pop along and lend a hand at this one.

For more information contact Amanda Bowstead on 07921464126

Or Amanda.bowstead@ageukteesside.org.uk

Or Robynne.orton@ageukteesside.org.uk



GAMES AFTERNOON FREE

TO THOSE WHO BUY A TEA OR COFFEE

EVERY THURSDAY

12 NOON – 2PM

AT



Community Stepping Stones

CIC

5 Farndale Square Dormanstown TS10 5HE

When was the last time you had a game of cards or
played a board game with friends?

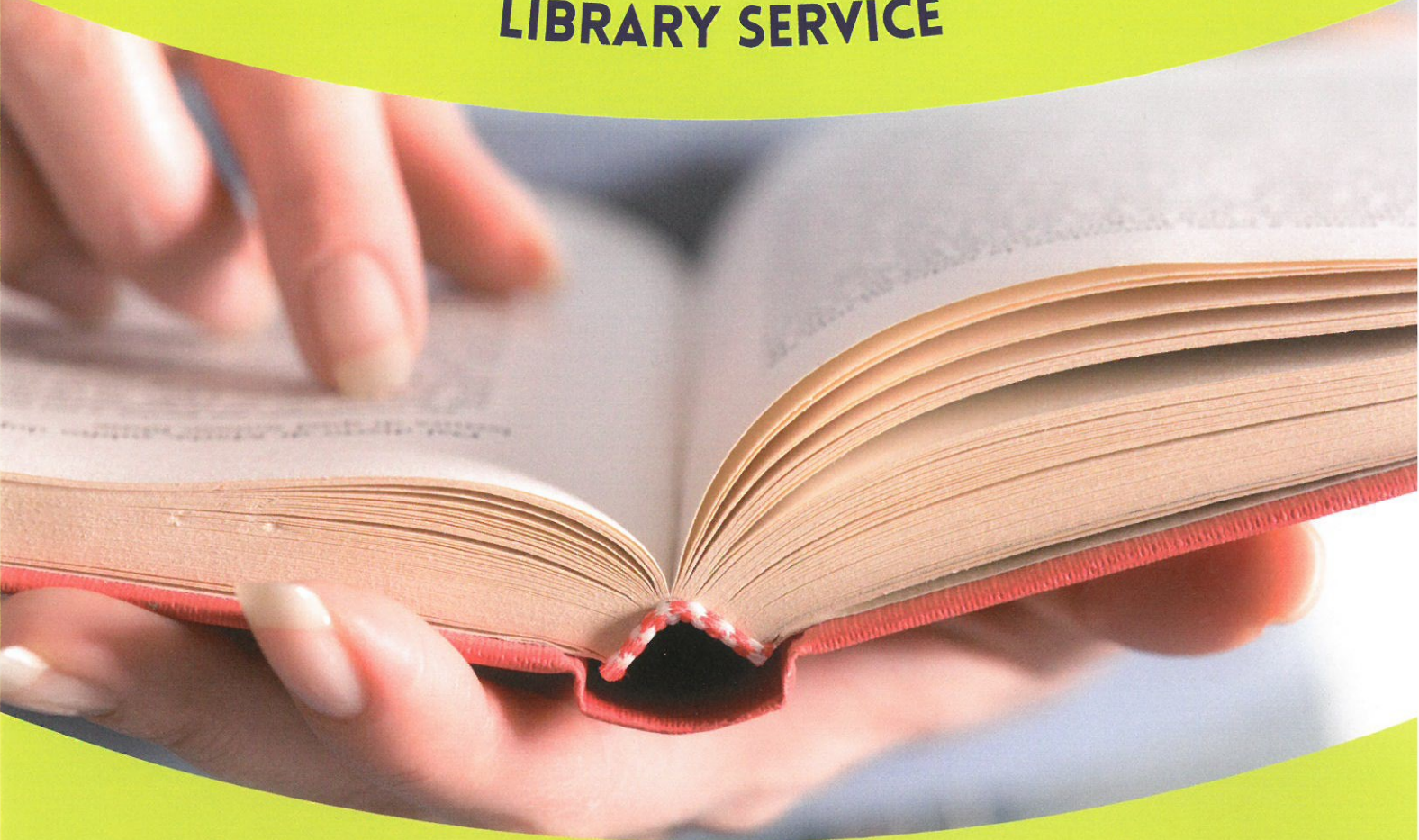
Relax with a cup of tea or fresh coffee and try our cakes and
biscuits



Come along to our new community café in **Farndale Square,**
Dormanstown, meet new people, join in and have fun. We have cards,
dominos, Beetle drive, Ludo. etc.

BOOKS ON WHEELS

LIBRARY SERVICE



DO YOU LOVE TO READ BUT FIND IT DIFFICULT TO GET TO YOUR LIBRARY?

Books on Wheels is a FREE library home delivery service for anyone living in Middlesbrough who finds it difficult to get to the library due to illness or mobility problems.

TO FIND OUT MORE?

Contact the Delivered Services Team who will be happy to let you know if you are eligible to receive the service.

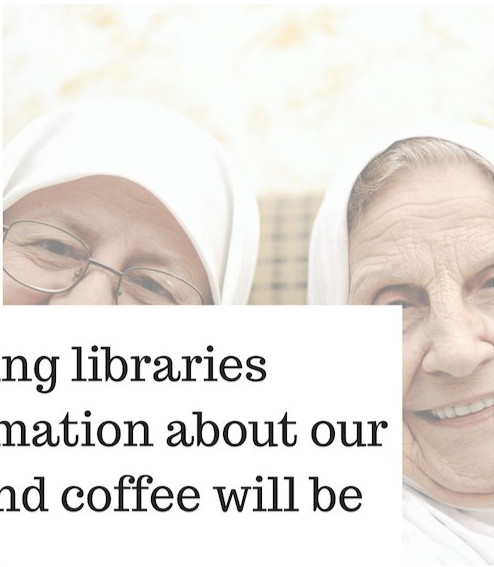
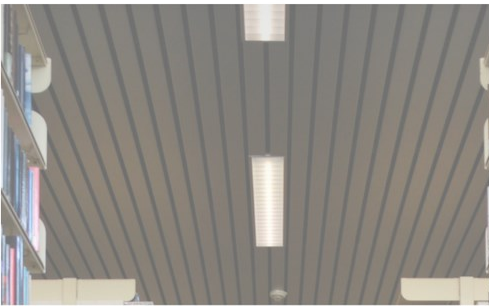

DELIVERED SERVICE CONTACT DETAILS

Telephone Number: **01642 249209**

E-mail address: **delivered_services@middlesbrough.gov.uk**

Office Hours: Tuesday, Wednesday and Thursday 9 – 5pm

www.middlesbrough.gov.uk/libraries



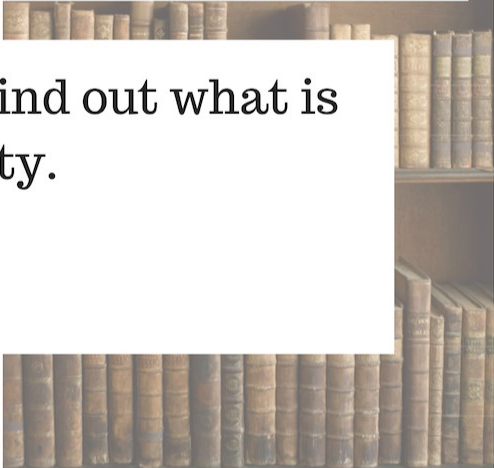

In 2019, Age UK Teesside are visiting libraries across Middlesbrough, delivering information about our services, including Befriending. Tea and coffee will be provided. All welcome.

THU 21 FEB	MARTON
THU 21 MARCH	EASTERSIDE
THU 18 APRIL	ACKLAM
THU 16 MAY	CENTRAL
THU 20 JUNE	NORTH ORMESBY
THU 18 JULY	HEMLINGTON



Middlesbrough
moving forward

All Events
2.00pm - 4.00pm



Pop along for a chat and a cuppa and find out what is going on in your community.

No Booking Required.

MIDDLESBROUGH BEFRIENDING ROADSHOW



Call 01642 80 55 00

For more information

Our Befriending Network in Hartlepool has a dedicated team of 23 volunteers who give up their time to enrich the lives of older residents. For an hour or two a week, volunteers help those who are lonely and isolated, taking time out to listen to their stories over a cuppa or a have trip to a local café to watch the 'world go by'.

For those who may be thinking of volunteering, are looking for a suitable opportunity or wondered what it is like to volunteer, here is an outline from a current Hartlepool Befriending volunteer:

"I became a befriender with Age UK as I had time on my hands and had experienced loneliness myself. I heard about the service through my surgery and knew there were lots of people, some housebound who needed a friendly face and a chat just to break up a lonely day. Our co-ordinator Pam soon got me started once all security checks were done. Pam matched me to a wonderful lady of 96 years young. Her name is Hanna. We are perfectly suited to each other and have much in common to talk about and laugh too. She told me she has never been very good at mixing with people but loves the one on one contact. It's a pleasure to visit Hanna and we look forward to Monday afternoons. Although Hanna is almost blind she is still fiercely independent but I am now allowed to make us our cup of afternoon tea. We decided last week had we been in government we'd have sorted out BREXIT in 2 days" - J

If you feel you could offer an hour or two out of your week to visit someone like Hanna then why not give Pam a call on **07808 306184** for more information, there is no age limit..... all we ask is for 2 character references and a DBS check following an informal interview.

Or you may know someone, perhaps an elderly relative or friend who lives alone, that would benefit from our service. Anyone can refer in, just give Pam a call and she will send you one of our referral forms.

I would like to leave you with some final words from one of our clients:

I JUST WANT A FRIEND!!

I am pleased to say she now has that.

pamela.cairns@ageukteside.org.uk

LiveWell Dementia Hub – May 2019

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Thornaby Sociable Club (10.30-12.00)	2 CST (referral only) Carers Course Week 1 (12:30-14:00)	3 Friday Friends (13.00-15.00)
6 Bank Holiday LiveWell Hub Closed	7 CST (referral only) Young at Heart (14.00-15.30)	8 Thornaby Sociable Club (10.30-12.00) Pop-Up Music Cafe (13.00-15.00)	9 CST (referral only) Carers Course Week 2 (12:30-14:00)	10 Military Veterans Group (10.00-12.00) Friday Friends (13.00-15.00)
13 Walking Club (10.00-11.30) Monday Mates (10.30-12.00)	14 CST (referral only) Young at Heart (14.00-15.30)	15 Thornaby Sociable Club (10.30-12.00)	16 CST (referral only) Carers Course Week 3 (12:30-14:00)	17 Dementia Voices Coffee Morning (10:00-12:00) Friday Friends (13:00-15:00)
	DEMENTIA ACTION WEEK 20-24 MAY			
20 Walking Club (10.00-11.30) Monday Mates (10.30-12.00)	21 CST (referral only) Young at Heart (14.00-15.30)	22 Thornaby Sociable Club (10.30-12.00) Memory Clinic Drop-In (13:00-16:00)	23 CST (referral only) Carers Course Week 4 (12:30-14:00)	24 Musical Memories Singing Circle (10.30-12.00) Friday Friends (13.00-15.00)
27 Bank Holiday LiveWell Hub Closed	28 CST (referral only) Young at Heart (14.00-15.30)	29 Thornaby Sociable Club (10.30-12.00) Dementia Voices Advisory Group (13:00-15:00)	30 CST (referral only) Carers Course Week 5 (12:30-14:00)	31 Friday Friends (13.00-15.00)

Dates and times are correct at the time of printing. This timetable outlines public events at the Hub. For further information about all activities at the Hub please contact the LiveWell Dementia Hub on 01642 527363 or email LiveWell-Hub@Stockton.gov.uk

Health and Wellbeing Peer Support Groups

Love Quality of Life. Improving wellbeing and isolation

These peer support groups are for those with respiratory conditions, diabetes and neurological conditions. Come along to these friendly groups and meet others with similar life experiences. Carers and partners also welcome.

Always a warm welcome.

The last 30 minutes of sessions will focus on chair based exercise for those who wish to join in.

Diabetes Peer Support Group

Fortnightly, Mondays 1.00—3.00pm
At Primrose Hill Community Centre,
Appleton Road, Newtown,
Stockton on Tees, TS19 0HL. (No. 15 Bus)

18th March
1st April
15th April
29th April
13th May
10th June
24th June
8th July
22nd July
(Type 1, Type 2 and pre-diabetic)

Neurological Conditions Peer Support

Fortnightly, Wednesdays 1.00—3.00pm
At The Robert Atkinson Centre,
Thorntree Road, Thornaby, TS17 8AW.
(No. 15 Bus)

20th March
3rd April
17th April
1st May
15th May
29th May
12th June
26th June
10th July
24th July
(including, but not exclusive to: MS, Motor Neurone Disease, Parkinson's, Stroke, Dementia, Cerebral Palsy, Epilepsy, Huntington's Disease, Acquired Brain Injury)

Respiratory (Puffin) Peer Support Group

Fortnightly. Thursdays 12.30—2.30pm
At Billingham Masonic Hall, Mill Lane,
Billingham, TS23 1HF. (No. 34 bus)

21st March
4th April
18th April
2nd May
16th May
30th May
13th June
27th June
11th July
25th July

For more information please contact Helen Maycroft on 07921464108

INFORMATION EVENT FOR THE VISUALLY IMPAIRED



**at
United Reformed Church
Station Road, Redcar**

Friday 31st May 9.30am – 1.00pm

Stands include:

EQUIPMENT – SERVICES – SUPPORT

Refreshments Available

**Contact Irene Poynter on
01642 470912**

Community Hub Advice Service



NEWPORT SETTLEMENT COMMUNITY HUB ST PAULS ROAD, TS1 5NQ	MONDAY 9AM - 12PM	01642 802 892
HEMLINGTON LIBRARY CROSSCLIFF, TS8 9JJ	MONDAY 1.30PM - 4.30PM	01642 591 918
THORNTREE COMMUNITY HUB BIRKHALL ROAD, TS3 9JW	TUESDAY 1PM - 4PM & FRIDAY 9AM - 12PM	01642 246 827
EASTERSIDE COMMUNITY HUB BROUGHTON AVENUE, TS4 3PZ	WEDNESDAY 9AM - 12PM	01642 513 150
GROVE HILL COMMUNITY HUB BISHOPTON ROAD, TS4 2RP	WEDNESDAY 1PM - 4PM & THURSDAY 1PM - 4PM	01642 278 444
NORTH ORMESBY COMMUNITY HUB DERWENT STREET, TS3 6JB	WEDNESDAY 9AM—1PM & FRIDAY 9AM—4PM	01642 726 190

Good to know! Useful Contacts in Teesside!

Age UK Teesside 01642 805500

Age UK Factsheets (All services) 0800 009966 -Freephone

Age UK Legal Services (Will Making) 0845 6851078

Adult social services (Middlesbrough) 01642 726004

Staying Put Agency (Middlesbrough) 0800 5875184

Community Warden (Middlesbrough) 01642 228500

Welfare Benefits – Financial Inclusion Group & Age UK In Partnership:

Grove Hill community hub – Tel 01642 278444

Thorntree community hub – Tel 01642 246827

North-Ormesby community hub – Tel 01642 726190

Hemlington Library – Tel 01642 591918

Newport Settlement community hub – Tel 01642 802892

Health watch (Need a new GP or Dentist?) 0808 172 9559 -Freephone

Talking Matters (Mental Health services) 0300 3305470 -Freephone

EVA (Women's aid and Rape Crisis) 01642 490677

Cleveland Fire Brigade (Free Home Fire-Safety Visit) 01429 874063

Thank you for supporting

Age UK Teesside

Dorothy Rose Suites (29-32),

The TAD Centre, Ormesby Road,

Middlesbrough,

TS3 7SF

www.ageukteesside.org.uk

01642 80 55 00

AGE UK FRIENDLY DROP IN SESSION EVERY TUESDAY 10AM TO NOON

HOT DRINK* & TEACAKE ONLY OR SHORTBREAD £3.50

(Exclusive Offer for Age UK Members)



*Come along and see an
Age UK representative and
meet some new people*

Terms & Conditions - This offer is only available on Tuesdays, between 10am-12pm for Age UK members. Small Hot Drink only. This offer cannot be used in conjunction with any other offer. This offer is only valid at Muffin Break Middlesbrough. Muffin Break have the right to withdraw this offer at any time.

