

NEWSLETTER | APRIL—MAY 2020

# Age UK Teesside



## A message from our CEO

*“As a nation we have been experiencing unprecedented circumstances with the outbreak of Covid-19 and we have all had to adapt to the changes in our everyday lives.*

*Here at Age UK Teesside, it has been business as usual albeit with our staff working remotely from their own homes. Our social activities and befriending visits have been replaced by regular welfare calls from staff and volunteers to ensure that all of our older people continue to receive the support that they need to help them get through this period of enforced isolation. Calls are made to them by the staff and volunteers who they already know and have built a relationship with so that when it is all over, those friendships will continue. We are also supporting a large number of isolated older people who have contacted us, worried about how they can get shopping and stay safe. Teesside as a community has been amazing in the support that is being provided and all councils and agencies are working together to make sure that we are there for everyone in need.*

*If you have any queries or concerns about older people in your community please contact us on 01642 805500 where we are available to talk and advise 7 days per week.”*

Anne Sykes, CEO





## **COVID-19 Service Updates**



While the world unites to slow the spread of the Coronavirus and ultimately reduce the risk to the vulnerable among us, we continue to work for the older population of our community albeit from our own homes. So while our office sits empty and our living rooms and kitchens become overcrowded, we have a responsibility to the people of Teesside who need us now more than ever.

Our Mission Statement remains at the forefront of what we do, with a few tweaks in regards to delivery:

- **Helping to claim rightful entitlements to a range of benefits, so promoting financial security and stability**

Benefit advice, checks and form filling services are still available via telephone. For those with failing vision or those unable to write, advisers can fill in the form for you. Forms that need signing can be mailed or hand-delivered, while completed forms that need checking or posting can be picked up.

- **Campaigning and lobbying on a range of issues of interest to older people**

We are currently supporting the National Charity Guidance

- **Providing the opportunity to broaden social networks, meet new people and try something different**

With social distancing and self-isolation comes loneliness and many older people in our community were already struggling with isolation long before COVID-19. Our Befriending Services are still operating, with staff and volunteers providing regular welfare calls with clients who otherwise wouldn't have any communication.

Alternatively, our new Rekindle Project is offering online tutorials across Middlesbrough so you can learn how to make the most of your devices and alleviate some of the isolation by connecting with others online.

- **Promoting healthy living**

We have detailed information on our website with advice on how to stay safe during this pandemic and encourage anyone who is struggling or unsure to get in touch. Taking care of your mental health during lockdown is vital and we have regular contact with our clients to ask how they are feeling and if there is anything they need from us to get through their day; something as small as delivering a newspaper can make all the difference.

For anyone struggling to stay active during lockdown we recommend the Active Tees YouTube channel, where they have gentle routines for all fitness levels, older people and Chair-Based Exercise.





## To Our Volunteers...

During this unprecedented crisis, our volunteers have risen to the challenge and gone above and beyond to support the most vulnerable in Teesside. Offering essential services like food shopping as well as continuing their Befriending relationships via the telephone. We've also matched a number of new volunteers with lonely, isolated older people since lockdown began; the influx of concern from the public and offers of support have been truly heart-warming.

The Teesside community are coming together in this difficult time and we appreciate everyone who is doing something, no matter how small, to support others—even if it is just staying home.

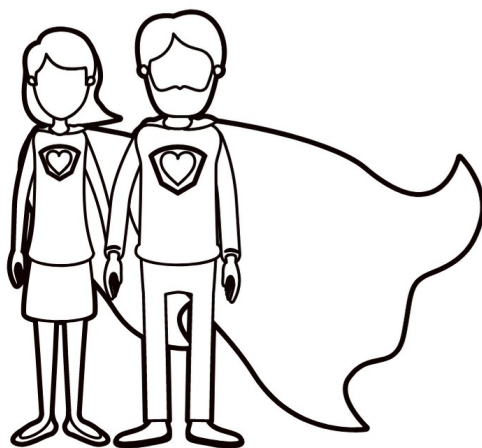
Thanks to generous donations from Morrison's and ASDA we were able to gift each of our volunteers with an Easter Egg and little note of appreciation.



**Volunteer Befriender Mike  
with his Easter Egg**



VOLUNTEERS ARE  
THE UNSUNG  
HEROES



Thank you for your hard work and dedication  
from the Age UK Teesside team.



ONE OF THE GREATEST GIFTS YOU CAN GIVE IS YOUR TIME

#VOLUNTEER



## **The Importance of Volunteers** by Jules

"I am working as a Volunteer for the Befriending Service for Age UK Teesside. Currently I am in self isolation as I share a home with my 82 year old Mum and need to ensure that she is safe. This means I am not able to complete my regular visits to those I support through the service. I can see what effect isolation would have on my Mum if I was not here to support her at this time. This makes me very aware of how much more difficult, lonely and frightening it would be for Mum if she was alone. This is why I volunteer, if I can make a difference to at least one other elderly person who is alone, no matter how small I know that to that person it is their contact to the community.

I aim to make our elderly feel that they are cared about and they are not alone. They have someone that they can voice their concerns to and have a "good old natter" with and voice any concerns that I can support remotely.

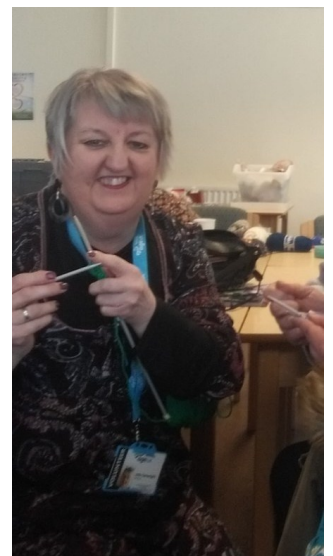
It is an absolute pleasure to currently be the volunteer and friendly voice from the outside world for those vulnerable and isolated in the community.

I feel privileged that I am the befriending volunteer to two people at the moment.

One is a very chatty (and normally active) gentleman who, under the present circumstances has said he is very bored due to having no-one to be chatty with! Our chats take us to conversations that make us both laugh and I know these make a difference to his day during this isolation period.

The other is a very sweet lady who suffers from severe anxiety and without the usual direct contact from her family was finding it difficult not be overwhelmed by the sadness of the Pandemic. For me, personally speaking, I find that speaking to this lady is very much a two way blessing. She has support and someone to have a chuckle with and she has definitely warmed my heart! We have a lot in common and enjoy our chats equally.

She has expressed often how much she enjoys our telephone chats and has been kind enough to say that she would even welcome the chance to meet in person in happier times."





# Befriending Redcar

## Our Shielding Experience by Eileen



We were both children of the 1940's and 1950's, who have found ourselves, like millions of others, negotiating the most modern world problem. How to keep ourselves safe and healthy without becoming a burden to our family and our healthcare system?

Before this all began we had a very good life, as a retired manager for ICI and a secondary school teacher. Our children were educated and securely established in their careers. Our home was our own and comfortable.

Last year brought an unwelcome cancer diagnosis for my husband. Thankfully, that is currently treatable although the side effects of this are challenging. We felt that we had enough to deal with. How little we knew!

Along came Coronavirus and life as we knew it changed, as it did for millions of others. As someone with a deliberately suppressed immune system Peter had to be shielded. If I leave our home I compromise that. That forced us to focus on our essential needs and priorities. The cancer care was "easy". Consultations with the haematologist are now by phone and the pharmacy at James Cook hospital delivers Peter's medication to our home. What else did we need? It boiled down to a regular home delivery of food, reliable monthly home delivery of routine medicines and, hopefully, the Sunday Times! Nothing else! How difficult could that be? We soon found out.

We're both pretty capable and tech savvy but we really struggled with securing those basic needs. The process involved hundreds of hours hanging on phone lines, reading e-mails and following every piece of advice. It was exhausting and stressful. Eventually we secured random, one-off food deliveries from three different supermarkets. Everything we ate was an adventure! At long last the government released to the supermarkets a list of those who were shielded. In time this resulted in an offer of a recurring, weekly delivery slot from Asda, valid until October. Success, one major box ticked! This was followed immediately by unexpected and perplexing weekly deliveries of food boxes from Redcar and Cleveland council and also the government. Once the slow moving monster of government machinery began to work it has proven frustratingly difficult to stop. So now our weekly, tax payer funded, food parcel is re-donated to The Bridge Organisation in Guisborough.

Try as we might the monthly delivery of routine medicines proved impossible. In despair, we turned to a charity, The Bridge Organisation. Nothing seems to be a problem for them and earlier this week, a day earlier than expected, a smiling couple left 'a bag of pills' on our porch. Another success! Who would have thought that we would need the help of a charity to get by day to day.



Each of these successes has been a major milestone, a huge relief from anxiety. We now have in place the essentials of a decent life without adding unnecessary concern to our family. We did think we had 'the cherry on the cake,' the delivery of the Sunday Times but that is currently proving elusive!

Day to day life is quite changed. There are no more daytime classes, shopping trips, jaunts to the coast or family visits. The garden and drive are now our limits. Thank goodness we have a garden and are enthusiastic gardeners. It's spring, the days are bright and lengthening and there is so much to do. Each evening we make a plan for the day to come. The options are limited, but we don't dwell on that. The shrubs are pruned, the lilies supported and the roses are tied in and fed. Never before have the lawns been so pampered. Miniature plants have been ordered online and are currently being willed into robust health on warm windowsills. Even the gravel has been washed, replaced and raked to look its best. Everything is being tweaked within an inch of its life! We don't feel bored.

Our family support us with regular phone calls, numerous online messages, Face time sessions and Zoom get-togethers. There are even small luxuries delivered by post.

And then there is the 'Thursday Clap.' A time for neighbours to smile and wave to one another as well as remembering those who are working so hard for us all. Personally it's a time to think of our son, an NHS director who, just recently, has been responsible for and overseen the development of the Central Manchester Nightingale hospital. A process during which social distancing was impossible. Also our niece and her husband, both hospital consultants in Glasgow, working on the front line with two little girls at home. We try not to think 'what if.'

Strangely though there are strong similarities with our childhoods. Shortages of some basics and 'rationing' of others. Just as then, more local produce and elements missing from a meal. The road is eerily quiet. These days it is Tesco or Asda delivering groceries not Dawson's shop, but the idea is the same. Hermes and DPD are the new mobile shops we have come to rely on. Best of all neighbours and passers-by have more time or inclination to smile, wave and exchange a greeting or have a short exchange [at a safe distance of course.]

Debbie from Age UK Teesside rings us each week to have a chat, check we are OK and pass on tips and advice. We feel safe and secure.

It's difficult to know when and how this will end and what the new normal will look like. Hopefully some of the friendliness and kindness will continue. I look forward to doing my own shopping, inspecting each apple and carrot before I buy! Our consciences will be quite clear when we are free to resume a bit of razzle dazzling, safe in the knowledge that the garage door and window frames are deep-cleaned and the garden is in good heart.

We will always be so grateful for the practical help and support given to us by James Cook hospital, Age UK Teesside and The Bridge Guisborough. Thank you.



# Befriending Redcar

The Redcar Team welcomed a new member of staff, Debbie Wilson, on the 16th March.



Debbie joins the team after working for the voluntary sector in the Stockton area. Unfortunately she was only with us a week before the lockdown began and working from home procedures were put into place.

The team at Redcar have continued to support all of their clients with information and telephone support on a weekly basis or more often if needed. Befriending volunteers are ringing clients to provide support and have taken on extra calls for assistance as requests for help have come into the organisation.

Clients have been resourceful and positive with local neighbourhood groups helping out when needed. It is a difficult time for everyone especially older people who may feel more isolated or very vulnerable.

Volunteers are keeping spirits up by continuing old friendships with long standing clients and starting new friendships with new clients. One area of conversation is client's working lives.

It is interesting finding out about client's life stories and experiences; it gives people a window of time to reflect on their working history and how occupations have changed and developed over the years.

Two clients, both retired nurses who live alone, are self-isolating and have no family to support them, have been encouraged to write a journal on their training in the 1950s, highlighting where they worked, what area of nursing they enjoyed the most and to include photographs of them in their uniforms. It is, of course, very topical with the nurses in the NHS today who are having to provide care at this difficult time. It is hoped to bring the clients together in the not too distant future to reminisce on their nursing experiences.

The Silver Surfers Group at Marske library have continued to have telephone contacts on a Friday with volunteers and they are supporting each other with chats about weekly developments, shopping issues, garden enquiries and family help.

Redcar is staying connected and the team is looking forward to meeting up with everyone again soon. Stay safe and stay well.





## ***Keeping People Connected Service*** **for people with** **Learning Disabilities and/or Autism** **– Coronavirus**



**At MAIN we are doing our best to support people at this difficult time.**



**We want to help people stay safe, healthy and not feel alone.**



**Our Keeping People Connected Service is free and available now for people with Learning Disabilities and/or autism who need support.**

**We can call you regularly if you need support and we are here if you need to chat.**

**Contact details for MAIN's Keeping People Connected Service:**

**Tel: 07584 914582**

**Email: [checkandchat@iammain.org.uk](mailto:checkandchat@iammain.org.uk)**

**If you know someone who would benefit from this service please contact us or give them this flyer.**



## **Better Health Better Wealth**

The Better Health, Better Wealth Team covering Stockton are still here supporting those over 65 the best way we can in this current situation. Although we are not carrying out social groups, we are on the other end of the phone making sure that those who are known to us are well, safe and have everything they need to help and support them during isolation.

We are making phone calls every day and the response we are getting is very positive. Clients are telling us that it is nice to still have contact with Age UK Teesside staff and to just talk about their day and their lives to ease the worry of anxiety and loneliness through this isolating period.

For anyone in Stockton with any concerns, queries or are in need of support, we welcome their phone call and will help them or signpost them to other community organisations and ensure they receive the best that our service offers.

**It's normal to feel sad, stressed, confused, scared or angry during a crisis.**



**Talk to people you trust, such as friends and family or your fellow community members.**

## **Contact the team**

Call 01642 80 55 00 to make a referral or email the team directly.

**Befriending - Janet Murphy**

**Benefits - Anne Robinson**

**Outreach - Gill Martin & Helen Maycroft**

**[Janet.Murphy@ageukteesside.org.uk](mailto:Janet.Murphy@ageukteesside.org.uk)**

**[Anne.Robinson@ageukteesside.org.uk](mailto:Anne.Robinson@ageukteesside.org.uk)**

**[Gill.Martin@ageukteesside.org.uk](mailto:Gill.Martin@ageukteesside.org.uk)**

**[Helen.Maycroft@ageukteesside.org.uk](mailto:Helen.Maycroft@ageukteesside.org.uk)**



**Stockton-on-Tees**  
BOROUGH COUNCIL



# Welcome Home

*The Welcome Home project aims to provide support and company for those older people who have been discharged from a hospital stay and live alone in Redcar and Cleveland.*



## **Coping with Shielding during COVID-19**

The Welcome Home Project which aims to support people who have had a recent stay in hospital and who may need some social support upon discharge to home. The project works to reduce social isolation and loneliness and seeks to ease the re-admission rate of those who have had a hospital stay. Volunteers provide a social interaction and if requires practical help for those who have recently been discharged. For those who require help with basics, such as food, electricity and gas and ensuring the property is safe then volunteers and team members will ensure that this additional support is in place before returning home.

In the current climate we have received a number of referrals for clients and their partners, who are shielding due to their particular vulnerability and due to their on-going treatments are classed by the Government as 'highly vulnerable'.

Shielding means that some clients and the people they live with, are unable to leave the house, even for medical supplies and this has caused some difficulty and distress.

A recent referral from the Cancer Ward at James Cook University Hospital was for Jane and her husband Chris. Jane is currently receiving cancer treatment, meaning she now has to shield for 3 months, as does Chris. As they cannot go out and no one can enter their home they found themselves in need of some additional support.

The co-ordinator of the project, Debbie initially made contact with Jane and spoke with Chris about the challenges that they are facing, in particular with the shielding advice. Chris was having problems getting Jane's medication delivered on time and fully completed which was causing him concern. Chris was advised to contact Jane's GP, which was frustrating because the line was so busy with other callers, but after several days they have now established a new provider for the medication which will hopefully arrive on time and be complete.

Jane and Chris, although they had received their Shielding information form the Government, were unaware that they were entitled to 2 food parcels per week from the local authority, once they had registered.



Unfortunately Jane was not on the Councils system so they then contacted the Government's helpline. This caused them further distress as it was an automated system and they found it difficult to negotiate. In a follow up call a couple of days later they informed Debbie that they had received 2 food parcels including bread, cheese, eggs, fruit, veg and to their amusement a huge tin of tomatoes! They said they are very grateful and now feel that the stress of getting regular food has now been lifted and this is a great help to them.

Following on from this, Chris tried to book a delivery slot for an on-line grocery shop, but couldn't get any availability. They have registered Jane on the Government site which then linked her with the supermarkets 'shielding list' - meaning they were given priority and a delivery was then quickly allocated.

Both Chris and Jane have appreciated the support they have received from the project, especially the opportunity to talk through the issues of registering and shopping deliveries. They have particularly valued the support and advice they have received from Debbie and the project will continue to support them over the coming months.

**If you are interested in this service or interested in becoming a Welcome Home volunteer, please contact:**

**Paula Taylor - Befriending Services Manager**

**07921464125**

**[paula.taylor@ageukteside.org.uk](mailto:paula.taylor@ageukteside.org.uk)**



## Befriending Middlesbrough

### What have volunteers been up to?

During the pandemic we celebrated Easter and here are some of the ways people celebrated -using 'out of the box' thinking.

A volunteer, Zoe hosted a WhatsApp Easter Egg decorating competition for her family and friends. Ranging from ages 9 to 78, entries included a Minion, a celebration of the NHS and a ship. Everyone had a great laugh and it lifted everyone's spirits.

Jack, 78 who has macular degeneration said :

*“ thanks so much for this, it's lifted my spirits and  
made me laugh no end in these dark times”*

(Jack's entry was the ship and we loved the comment about rum!)



Zoe has also had her mum stay with her during the lockdown and this has brought an unexpected bonus in the way of teaching her son crafts. Her mum and son have made a bird feeder from a milk carton and decorated plant pots and gave them as Easter gifts.





## Health and Wellness

Here is an article by a volunteer with the Middlesbrough Befriending Service, Gill Bentley. Gill has been with us since the start of the year and was initially involved in delivering Christmas hampers to clients. She works full time and in her down time she is a Wellness Coach.

*'My Wellness Coach was created when the universe gave us a lot to deal with. Death of a very close family member, divorce, new jobs, moving home... We decided to build upon our existing skills and focus on something positive. That's when it kind of all came together.*

*We have now build up the website and various social media to help spread the word. We have included a free 30 day course which will help ground people and bring about a more positive mind-set, which will over all help people's well-being. Its a very simple course of daily little habits to try.*

*Our aim is to pass on our knowledge that even through hard times there is always something positive to come from every situation. Which will hopefully make the world a better place.'*

**For more information**

**[www.mywellnesscoach.biz](http://www.mywellnesscoach.biz)**

POSITIVE MINDSET  
APPROACH

WE TURN DREAMS INTO  
REALITY TOGETHER



WELLNESS  
COACHING SESSION



# Older Offenders Project

By Deborah Earley, Older Offenders Officer

As the newly appointed Older Offenders Officer, I began working in HMP Holme House and HMP Kirklevington Grange in mid January; HMP Frankland engagement started in March.

Sessions involve the encouragement of social interaction and involvement for the over 50s through quizzes, bingo, group games and friendly discussion and they are very well received by both the men and staff, who play a large part in facilitating the activities

Unfortunately, due to the Covid 19 outbreak, we ceased work within all of the prison estates in March. Joe Peterson (Volunteer and Community Manager Age UK Tyneside) decided that it was imperative to maintain our valuable links with our clients and so we devised Activity Packs for each of the prisons to be distributed to their Over 50s cohort

Our 2<sup>nd</sup> Edition is currently being printed and both productions contain the elements of our face to face sessions, so they include; chair exercises, picture quizzes, general knowledge quizzes, Sudoku and creative writing ideas and tips. We are looking forward to the feedback!

## **Housing and domestic assistance**

During this difficult time, the Government has announced a number of measures to help those in need with rent or mortgage difficulties as well as support for those facing higher than normal utility bills.



Firstly, the Government is offering a three-month “mortgage holiday” to those who need financial help. For more information, please speak to your mortgage provider.

For those that rent, the Government has announced measures to protect renters and landlords. No renter in either social or private accommodation will be forced out of their home.

Landlords will not be able to start proceedings to evict tenants for at least a three-month period. Furthermore, the court service has suspended all ongoing housing possession action, initially for 90 days

More information for landlords and tenants can be found at <https://www.gov.uk/government/publications/covid-19-and-renting-guidance-for-landlords-tenants-and-local-authorities>

## **Utility bills**

Government has introduced new, immediate measures with the energy industry to This includes measures to help customers with pre-payment meters who may not be able to add credit or to any energy customer in financial distress. Disconnection will be completely suspended. If you need help, please contact your energy supplier.



# Rekindle Project

## Learning in Lockdown *By Edna Reddy*

My husband Leonard got a Tablet for Christmas but I kept hearing “Why won’t it let me do this?” and “Why won’t it do that?” so when I saw Acklam Library and Community Hub was advertising free digital taster sessions we went along. It wasn’t just about Tablets. We heard about the Rekindle project and how we could dip into lots of different bits of digital technology and try things out without having to buy expensive equipment. The Digital Inclusion Advisor, Steve Thompson, was keen to avoid talking in jargon we might not understand. Later when we started workshops Steve guided us through setting up a website or blog for our group. We were all at different speeds but we got there in the end. Now we have this lockdown, the Rekindle group get together on a thing called Slack (\*), a private group so we can talk to each other in text and pictures on tablet, smartphone or computer. I have it on my Smartphone.

I often fancied doing my own blog to share my stories about riding on the back of our classic motorbike and the daft things you have to do to keep it on the road . No reason now for putting it off, especially as I had an advisor to keep me on track. I have got so far with Word-Press and am following a tutorial Steve put on Slack to allow me to make it available to the public.

When the lockdown started it wasn’t instantly clear what events and clubs could still hold. You got people saying, “But can’t we just meet up at....” so clarity was important. Leonard needed to contact Teesside Yesteryear Motor Club members saying everything was cancelled and there had to be no room for doubts. This required urgent emails to over 100 people. Steve introduced him to Mailchimp which allows him to send the same email to dozens of members all at one go, without any of them bouncing back. Thank you for that recommendation, it means much less shouting at the laptop!

(\*) *Slack is a workplace communication tool, “a single place for messaging, tools and files.” It lends itself very well to an online learning platform with it’s “channels” for different subjects. The Rekindle Slack instance has channels for various digital subjects and well as channels for communication and fun!*



We were never too comfortable using Facebook until we were made bolder by our “taster”. Leonard has now set up a Private Facebook Group page for his club members so they can discuss their historic cars and bikes there and exchange photographs. Now there are over 60 of them showing how they are maintaining their vehicles, discussing problems and solutions. This will keep them ticking over till the next time they can all get together.

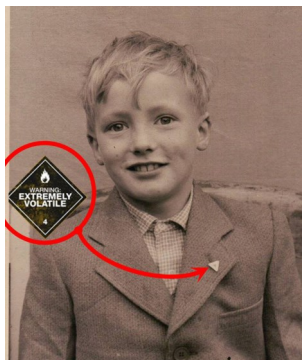
We’ve had discussions about the cost of Smartphones and what’s best for keeping them simple and cheap. Our advisor points out where we can do things without having to pay fees when we were just experimenting, this makes us more likely to have a go at things. Since the lockdown a lot of us have been pushed to use emails and social media to keep contact with others. It has brought home to us that it's really worth having a go at some of these digital novelties when you get the chance as there’s nothing to lose when you have advice. They can make life more interesting in times like these.

We have had a few fun challenges like daring us to post a picture of us when we were kids, so it was back to the old photo albums . Several of the Rekindle participants posted their childhood pictures but others said they didn’t possess the skills to do so. So that’s another tutorial needed from Steve. Another job for me in the lockdown, organising the old photos so you can find what you want.

## The Rekindle Photo Albums



Lynn Horseman



Steve Thompson



Edna Reddy (Driver Unknown)



Leonard Reddy



Ann and Brenda Thomas



## Time Out



### **Mairzy Doats & Ronnie** by Marie Kerr

At the start of self isolation, we received a call from Ronnie. Ronnie is 84 and lives alone in Redcar; he has one daughter, however she is in Sheffield. He contacted us worried about getting food as his daughter could no longer order food online due to the high number of people using this service at the time.

He explained that he has two grandchildren who live in Newcastle and Northern Ireland. One granddaughter tests soil and was coming to Redcar soon for work, which he was very excited about as he would be able to see her through the window.

We enquired about his welfare and Ronnie said he was keeping busy with his normal routine- he likes to listen to the radio and music; he does the gardening in the afternoon. He said that he is currently going through his record collection to fill in his time. He stated that he was very good at growing his own vegetables and complained that the grandchildren usually pinch his onions.

Ronni was worried about getting milk, bread and other essentials, including his beer. He explained that one of his rituals was to have a small beer with his supper and that he was missing this very much.

We were able to send Ronnie information on where to order essentials locally and we even managed to source a business who would deliver his beer. We continued to make contact with Ronnie on a regular basis to ensure he was safe and well.; we talked about self-isolation however Ronnie's spirit was very resilient. He explained that he remembers not seeing his father for over 4.5 years during the Second World War and this was nothing in comparison. He too is an ex serviceman and we talked about his time stationed in Germany.

During our conversations Ronnie discussed his likes and dislikes, such as music and he spoke about a song from 1944 called ***Mairzy Doats***. He explained that the song was really popular with



children during the Second World War because the lyrics were so silly. Whilst on the phone, we downloaded the song online and played it over the phone which caused Ronnie to burst into song!

We continue to be serenaded by Ronnie with our weekly welfare calls and have sent him postcards with jokes on them to keep his spirits up. We are glad that this lovely gentleman can still have his beer with his supper and we are looking forward to sampling his famous onions later on in the year.

## Mairzy Doats

The Merry Macs

I know a ditty nutty as a fruitcake  
Goofy as a goon and silly as a loon  
Some call it pretty, others call it crazy  
But they all sing this tune:

Mairzy doats and dozy doats and liddle  
lamzy divey

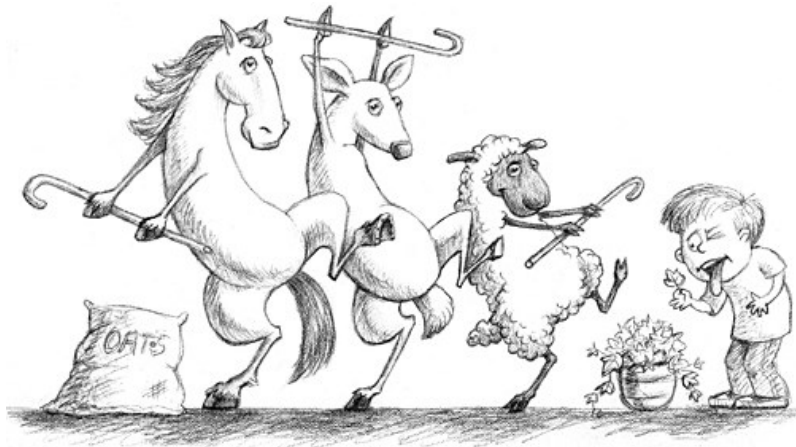
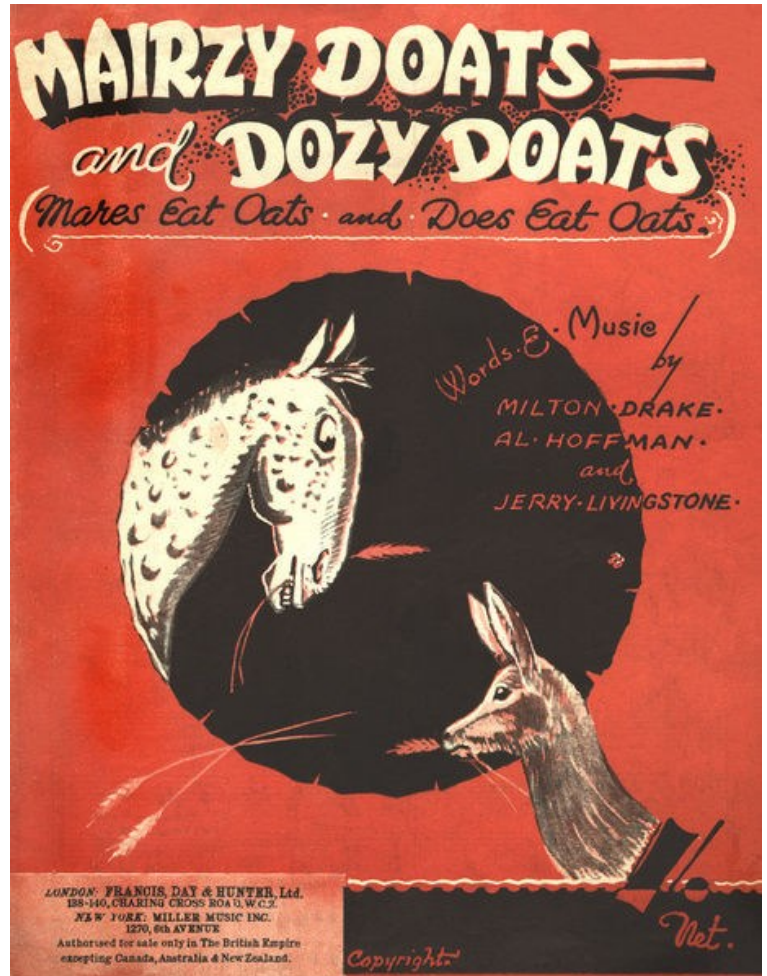
A kiddley divey too, wouldn't you?  
Yes! Mairzy doats and dozy doats and  
liddle lamzy divey

A kiddley divey too, wouldn't you?

If the words sound queer and funny to  
your ear, a little bit jumbled and jivey  
Sing "Mares eat oats and does eat oats  
and little lambs eat ivy"

Oh! Mairzy doats and dozy doats and  
liddle lamzy divey

A kiddley divey too, wouldn't you-oo?  
A kiddley divey too, wouldn't you?







## Phoenix Project

Phoenix provides a variety of social activities in the Middlesbrough community, due to the COVID19 virus all activities are suspended.

Although the groups are currently closed we continue to maintain contact with all clients who require extra support.

Welfare calls are made daily for a date and time suitable to the clients and clients are also welcome to contact either myself or colleagues should the need arise. Phoenix is open to provide support/advice no problem is too small and at times just talking can be the tonic required!

Some clients have taken up new hobbies, crochet, drawing & reading, along with this exchanging numbers between clients is helping to maintain friendships. The Phoenix group activities will be back:

***"And just as the Phoenix rose from the ashes she too will rise"***

***Please remember "Anything is possible when you have the right people here to support you,***

***Together we will get through this"***

**Stay safe , stay home.**

**Contact Tina 07834 181188**



*Love Later Life*

