

Age UK Teesside

NEWSLETTER

August—September 2020



In these uncertain times, Age UK Teesside are here; we will do everything we can to help you through this difficult period. While we had hoped to have our groups running again this month, we are staying up to date with government guidelines, and continuing with socially distanced visits, telephone welfare calls and outdoor activities.

NEW!

Our newest service focuses on helping people deal with the aftermath of lockdown, specifically counselling for those who are fearful of leaving their homes. Jackie Johnson (right), formerly of our Hoarding Service, is a qualified Wellbeing Coach with NLP training and 20 years experience helping others.



SOON!

Bringing their expertise to our team very soon is an Independent Domestic Violence Advocate, who will be joining us from My Sister's Place, to lead a service that will seek to help older people, aged 50+, currently living with abuse. Domestic Violence cases are thought to have increased by 20% during lockdown, as many are trapped at home with their abuser, and is being dubbed the "shadow pandemic" by the UN. Our upcoming service will support those vulnerable, offering advice, information, therapy options and My Sister's Place will be working alongside us to support this new role.





Information & Welfare Benefits Advice in Redcar & Cleveland



Age UK Teesside (funded by the People's Postcode Trust) are providing an Information & Advice service in Redcar & Cleveland.

If you're 50+ and living in Redcar & Cleveland you can access free Welfare Benefits Advice, including:

- Welfare & Benefit Checks
- Assistance With Form Filling
- General Benefit Advice
- Telephone Advice
- Home Visits



While face-to-face appointments are still suspended, our benefit advisors are available for telephone appointments and advice. We have experienced advisors covering the four boroughs of Teesside who can assist you with form filling, welfare and benefit checks and general advice.

Middlesbrough (50+) - Graham Lindsey & Sue Danes

Redcar & Cleveland (50+) - Catherine Walsh

Hartlepool (50+) - Angela Brough

Stockton-on-Tees (65+) - Anne Robinson

**Call to make an
appointment
01642 80 55 00**

Henry Smith I&A Case Study:

Client contacted Age UK Teesside after noticing a post on Facebook which stated we could offer I&A support during the covid-19 lockdown.



He informed us that he had made a claim for Personal Independence Payment in August 2019 and that his application had been refused. He wanted help to submit a Mandatory Reconsideration to overturn the decision and asked Age UK Teesside for advice and support to go ahead with this. Since his original application, he had suffered several seizures and now had medical evidence to support his condition that would back up his request. He had been diagnosed with dissociative amnesia, epileptic fits and sleep apnoea. He stated his working memory is only around 3 days and was unable to recall much after this and said that he gets very confused without the help of his wife.

The client read the decision letter he had received during the telephone conversation with Angie our advisor. His wife was with him and supported him through the call, as she was more capable of giving required information. Angie fully explained the process for a Mandatory Reconsideration, and confirmed he was within the time limit to challenge.

Using information provided by the client and his wife, Angie supported him with the completion of the CRMR1 form.

Client was awarded full entitlement of benefit as the original decision was overturned. He confirmed that his claim had been backdated to the date of his original claim in August, so he received an initial amount of £6084.00 and was awarded the enhanced rate of attendance allowance with a disability component. This increased his weekly income by £151.40 a week.

He was over the moon and rang to thank Angie for all her help and support and expressed how relieved and thankful he was for the support she gave to overturn the original decision, stating that the original decision had exacerbated his depression as it made him feel like a fraud!

Client feedback: **"The help with my Mandatory Reconsideration has been extremely valuable to me. It's not too much to say that I was feeling suicidal.**

My condition is hard to explain to people. It's a rare illness and physicians struggle to offer any treatment and even what I have been offered was described by the psychiatrist as 'long and painful psychotherapy'. After a year of this I was told there was nothing they can do for me because with no working memory, there is nothing a psychotherapist can work with.

Being given no points whatsoever for my PIP application on top of this left me feeling suicidal. I was not able to cope with putting in the application or contributing to the request for Mandatory Reconsideration because I only have a rolling recall of around 3 days before having to check my note book to see what I did before then. I can't write everything down, so I miss out on a lot of my life. Feeling that I was not believed to be ill felt devastating but when the Mandatory Reconsideration turned out to have not only reversed the original decision but that I had been awarded the higher level for both components made me feel understood for the first time in the year since my diagnosis.

When I retired early the plan was to take a few months and then get some part-time work. Suddenly becoming too ill to work left me short of money and anxious that I wasn't able to contribute, so having the income from PIP will enable me to live anxiety-free while I try other treatments so that I can get well again. No longer feeling suicidal has changed my life for the better and relieved the stress I and my whole family were under. I'm very grateful for all the help I've received. Thank you".

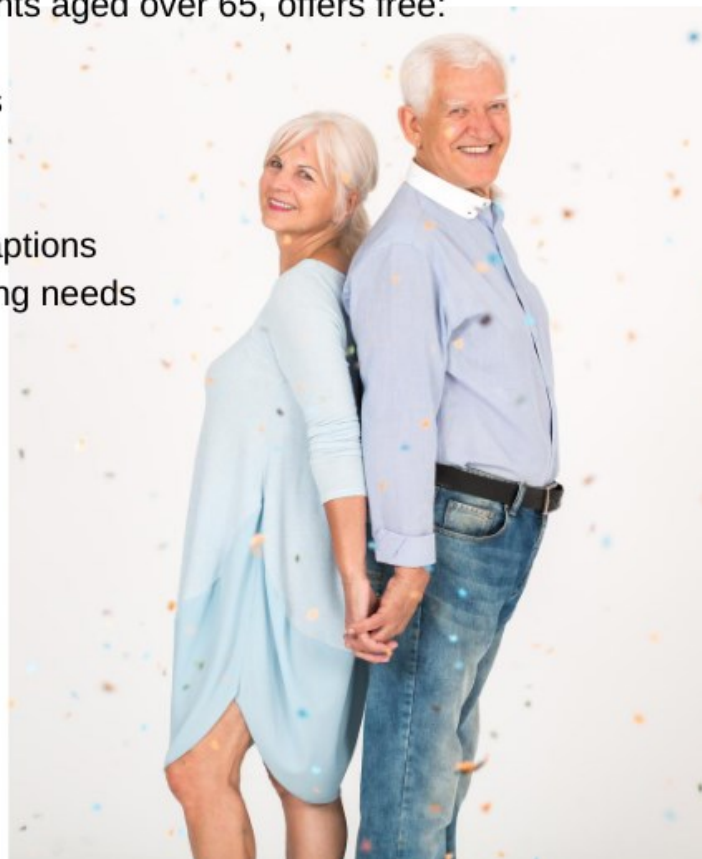
Better Health Better Wealth in Stockton-on-Tees



Thanks to the support of Stockton-on-Tees Borough Council, Age UK Teesside offer a free service in the borough which is helping to transform the lives of older people.

The Better Health Better Wealth initiative, for residents aged over 65, offers free:

- Welfare and benefits checks
- Support to access health and wellbeing services
- Social activities in local communities
- Friendship through our befriending service
- Social care referrals for homecare, aids and adaptations
- Referral to other agencies to meet other wellbeing needs



Stockton-on-Tees
BOROUGH COUNCIL

"After the residents in Stockton have been shielding in isolation for the past 4 months, the team are facilitating walk and talk sessions in various parks across the borough for people to gain confidence in getting out and about again and have the opportunity to socialise again at a safe distance. We hope in the coming weeks, adhering to Government guidelines and safety measures to re-establish more of our social activities, ensuring the safety of our clients at all times."

The team are also available Monday to Friday 8.30 - 4.00 for any queries or questions residents have about our befriending service, support to access health and wellbeing services, welfare and benefit advice and social care referrals for homecare and occupational therapy aids and adaptations.

For more information please contact Gill or Helen on 01642 805500

Return of Monday Meet-Up

Monday 7th September saw the return of our Monday Meet-Up group in Yarm Fellowship Hall. It was wonderful to see everyone together again after so many months apart.

Social distancing did little to dampen our spirits, as you can see, and we look forward to launching our other groups as soon as we can.

To book a place to attend please call
01642 80 55 00





Redcar & Cleveland Befriending Service

Volunteers and staff are supporting Redcar residents with telephone befriending at the present time. Please contact Age UK Teesside if you or a loved one would like to chat or require some support.

Our volunteers come from all walks of life and all ages and we try to match clients and befrienders who share common interests.

While waiting for services to re-open, staff are making the most of the good weather and meeting with a local community group in Locke Park.

More outside events are planned for September* so for more information please contact:

Sandra on 07921464114

or

Debbie on 07718125013

We look forward to meeting up with our friends soon.

*Please be aware that any planned events may be cancelled depending on government guidelines or law changes. For up to date news, please call or visit our Facebook page.

Time Out

If you are aged 18+ and live in Redcar and Cleveland you may benefit from our Time Out Service if you care for another adult.

Many people dedicate a significant proportion of their own time to look after and care for their spouse, children, parents or even neighbours. Many do not recognise their essential role as a carer and get very limited time, if any, to see friends, go for a coffee, attend appointments or even get their hair cut. This often leads to a decline in their own health and wellbeing.

The TIME OUT service arranges a volunteer to sit with the person they care for, allowing the carer a break. The same volunteer will visit the cared for on a regular basis and act as a befriender for up to 8 hours a month. Volunteers are matched with the cared for based on shared interests where possible so that everyone involved benefits from the service.


The trained volunteer will:

- * Visit the cared for in their own home
- * Build a safe and reliable relationship
- * Provide company and conversation
- * Help the carer find activities that suit them
- * Signpost the carer or the cared for to other services that can support them

The Time Out Service is part of the wider Redcar & Cleveland Carer Support Service and is provided in partnership with Carers Together and Redcar and Cleveland MIND

For more information on becoming a volunteer see our Get Involved section.

If you would like to make a referral or are interested in becoming a volunteer please contact Marie Kerr, Time Out Service Co-ordinator on **07834 181 190**



Within the Middlesbrough Befriending Service we are able to appropriately match clients aged 50+ with volunteers and offer regular, planned visits in the client's home initially. The service then supports volunteers to develop their relationships with clients and provides additional training as well as access to relevant information and advice.

Middlesbrough Befriending Service

The service is funded by Middlesbrough Borough Council as part of their response to the Government's proposal to improve care and support for older people and to tackle loneliness.

If you would like to find out more about volunteering, or would like more information about how you can benefit from the service, please contact Paula Taylor on:

07921464125

or

01642 433725

paula.taylor@ageukteesside.org.uk

Lasting Power of Attorney

In these uncertain times, proper planning for the future can grant you peace of mind. 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 and 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 and 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



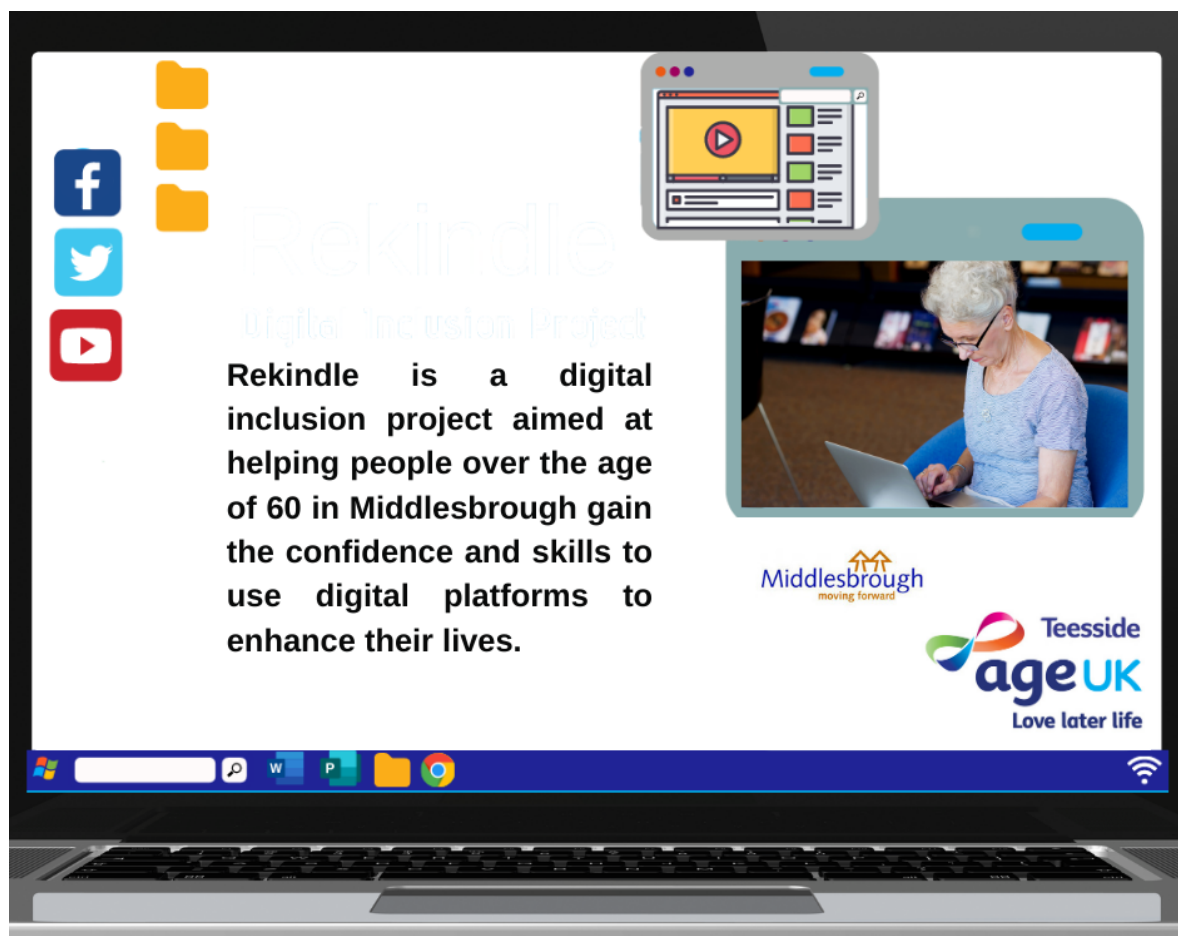
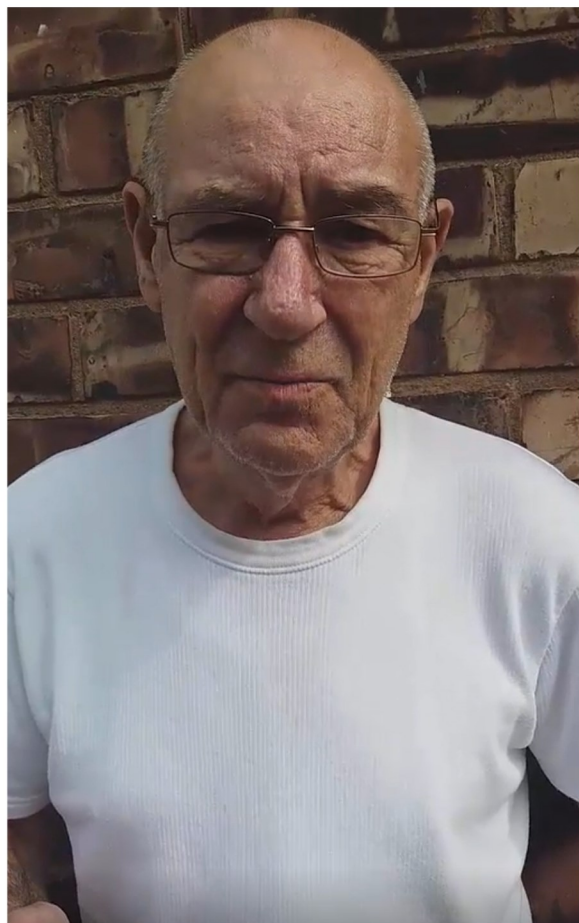
Rekindle: Ged's Story

Despite several attempts to use a smartphone in the past, Ged struggled and gave his previous handsets to his grandchildren. With the help of Steve, Digital Inclusion Advisor, Ged now has a new phone and is able to text, take photographs and navigate Google Earth as suggested in the Rekindle Tutorial on YouTube.

Ged's full story, in his own words, can be heard by visiting our YouTube channel. You can also access all of the Rekindle Tutorials, each aimed at helping people 60+ improve their digital skills.

[YouTube Channel](#)

[AgeUK Teesside](#)



Shop online with Age UK Teesside, from the safety of your home and continue supporting older people in your community. We have a wide selection of clothing, footwear, toys, gifts and homeware items. Our items are kindly donated by members of the public, as well as local businesses, to raise funds for vital services.



Classic Ladies Burgundy Pack-able Puffer Jacket - 20



CLARKS BLOSSOM TRIGENIC SHOES PEACH SIZE 6D.



REIKER Ankle Boots.Size 41.Brown Leather



HOTTER.Daisy.Slip on Shoes.Blue.Size 7 STD.



MODA IN PELLE.Slip on Trainer.Rose Gold.Size 40



PIKOLINOS SANDALS.Size 40.



Frank Usher Black Evening, Prom, Cocktail Dress - UK 14



Simply Be Ladies Ochre Satin Dipped Hem Shirt - UK 16



Peacocks Red Floral Summer Dress Size 8



Country Casuals Ladies 100% Silk, Black & White, Floral Blouse - 10



Phoenix



For older people with mental health issues, the Phoenix Project in Middlesbrough helps to achieve something positive from a difficult period in their lives.

The priorities are to promote emotional wellbeing, good health and social inclusion. The evidence is that these activities can contribute to extended remission periods for those with mental health issues, and that when admission to hospital is needed the stay is shortened.

The name Phoenix is a reference to the symbol on the badge worn by occupational therapists, whose involvement played an important part in the development of the project.

The Phoenix Project is funded by Middlesbrough Council



For more information contact Tina Bonner on 01642 433723/01642 805500





Phoenix Project

Phoenix provides a variety of social activities in the Middlesbrough Community. Due to the Covid 19 crisis all social activities have been suspended. We now have a preliminary date to resume social activities w/c 1st September 2020 – watch this space for updates and schedules!

Whilst the groups are currently closed, we continue to make welfare calls to those requiring a little extra support. Welfare calls are made daily on a date and time suitable to the client, clients are also welcome to call our office should the need arise. Phoenix is open to provide support, no problem is too small and at times talking can be just the tonic required.

Walk 'n' Talk Phoenix—Monday at 11am

In order to re-engage with clients we now have a new walking session, a gentle walk in Stewarts Park on Mondays at 11am – meet in car park, call Tina to confirm attendance Tel 07834 181188. It's a great opportunity to catch up with friends and make new contacts, socially distanced whilst we all try to get used to the new "Normal".



If you would like to participate in the Phoenix project or you know somebody who may be feeling lonely or isolated please call Tina on: **07834 181 188/01642 805500**

The Big Knit

The big knit campaign is to continue again this year and although we haven't had an update on the required quantity of hats or dates etc we would really appreciate your continued support. For every hat donated 25p is returned to Age UK Teesside – this support helps fund our resources and activities.

blue bobble hat

beginner pattern by Juliet Bernard

Yarn: Blue and white DK

Needles: 4mm



Hat

Cast on 31 sts in white

Row 1: k1, *p1, k1 repeat from * to end of row

Row 2: p1, *k1, p1 repeat from * to end of row

Change to blue and beginning with a knit row work 12 rows in st st

Next row: k2tog to last st, k1 (16sts)

Next row: purl

Next row: k2tog to end (8sts)

Cut the yarn leaving approx. 10cm length. Thread this through a sewing needle and bring through stitches and pull up to tighten.

Making up

Use a sewing needle to join side seams.

Make a pompom in blue and sew securely to top of the hat.



Abbreviations: St(s) - stitch(es) | st st - stocking stitch | k2tog - knit two together

Banana Hat

by Juliet Bernard



SIZE

To fit an innocent smoothie

YARN

Any DK weight yarn in white and yellow

YOU WILL ALSO NEED

A pair of 3.25mm (UK10/US3) Pony knitting needles

TENSION

Tension is not critical for this project

ABBREVIATIONS

K	knit
P	purl
k2tog	knit two together
P2tog	purl two together
sts	stitches
st st	stocking stitch
YO	wrap yarn over the needle

PATTERN

Hat

- Pop the kettle on
- Using 4 ply yarn in yellow and some 3.25mm needles, cast on 36 stitches
- For the first 2 rows, you need to knit in rib (knit 1, purl 1, knit 1)
- Then work in stocking stitch for the next 6 rows
- Change to cream yarn and work 2 more rows in stocking stitch
- For the next row, *knit 4, knit 2 together (tog), knit 4, knit 2 tog and repeat from *to end of the row. {30 stitches}
- Then, starting with a purl row, use stocking stitch for the next 3 rows
- For the next row, knit 3, knit 2 tog, knit 3, knit 2 tog and repeat to end of the row. {24 stitches}
- Starting with a purl row, use stocking stitch for the next 3 rows
- For the next row, knit 2, knit 2 tog, knit 2, knit 2 tog and repeat to end of the row. {18 stitches}
- Then purl for a whole row
- For the next row, knit 1, knit 2 tog, knit 1, knit 2 tog and repeat to end of the row. {12 stitches}
- Then purl for a whole row (nearly there)
- And for the final row, knit 2 tog across all stitches, thread the end of the wool through the remaining stitches and bind off
- To make up the inside of the banana, sew the side seams together
- Have a cup of tea

Peel

- Using yellow yarn, pick up 12 stitches horizontally from the yellow stocking stitch part of the banana
- Then for the first 6 rows, work in stocking stitch
- For the next row, knit 4, knit 2 tog, knit 2 tog, knit 4 to the end of the row. (10 stitches)
- Purl the next and all alternate rows
- For the next row, knit 3, knit 2 tog, knit 2 tog, knit 3 all the way to the end of the row. (8 stitches)
- Then knit 2, knit 2 tog, knit 2 tog, knit 2 to the end of the row (6 stitches)
- Then knit 1, knit 2 tog, knit 2 tog, knit 1 to the end of the row (4 stitches)
- And finally, knit 2 together twice, slip one stitch over the other and then bind off
- Repeat twice more to complete the banana peel and then pat yourself on the back for a job well done



MAKING UP

Sew up hat and sew in all ends

 the innocent
big knit
little hats, big difference



deramores

Cat Hat

by Val Pierce



SIZE

To fit an innocent smoothie

YARN

Small amounts of Cream, Orange, Grey and Black DK yarn.

YOU WILL ALSO NEED

- A pair of 3.75mm (UK9/US5) Pony knitting needles
- A small amount of toy stuffing

TENSION

Tension is not critical for this project

ABBREVIATIONS

K	Knit
P	Purl
alt	alternate
inc	increase
sts	stitches
st st	stocking stitch
k2tog	Knit two together

PATTERN

Base

- Using 3.75mm needles and orange, cast on 28 sts.
- Knit 3 rows of garter stitch.
- Work 2 rows st st.
- Join in cream work 2 rows st st.
- Work 2 rows st st in orange.
- Work 2 rows st st in cream.
- Work 2 rows st st in orange, then 2 rows st st in cream.
- **Next Row:** K2tog across row in orange.
- **Next Row:** Purl
- **Next Row:** K2tog across row in orange.
- Break yarn and run through stitches.
- Fasten off.

Ears (Make 2)

- Using 3.75mm needles and orange cast on 8 sts.
- Work 6 rows in garter stitch.
- **Next Row:** K2tog at each end.
- **Next Row:** Knit
- **Next Row:** K2tog at each end.
- **Next Row:** K2tog twice, k2tog and fasten off.

Nose

- Using 3.75mm needles and orange cast on 2sts.
- **Next Row:** Purl
- **Next Row:** Inc at each end.
- Repeat last 2 rows until you have 10 sts, ending on a purl row.
- Work 6 rows in st st.
- **Next Row:** K2tog across row. 5 sts.
- **Next Row:** Purl
- Cast off.

Tail

- Using 3.75mm needles and orange cast on 8 sts.
- Work 4 rows st st, join cream.
- Work 2 rows cream.
- Work 2 rows orange.
- Repeat last 4 rows 4 more times.
- Continue in orange.
- **Next Row:** K2tog at each end
- **Next Row:** Purl
- **Next Row:** K2tog at each end
- **Next Row:** Purl
- **Next Row:** K2tog twice,
- **Next Row:** K2tog. Fasten off.

Mouse

- Using 3.75mm needles and grey cast on 10 sts.
- Knit 8 rows.
- K2tog at each end of next and following alt rows to 4 sts.
- K2tog twice, k2tog fasten off.

To Make up

- Sew seam on base, this will run down the centre back.
- Sew an ear to each side of the head.
- Take the nose and pin in position on front of head, add a tiny bit of stuffing to pad out.
- Sew in place.
- Embroider eyes, nose and whiskers using black DK.
- Sew seam on tail, add a tiny bit of stuffing to pad out.
- Sew to back seam then curl tail around front of base, secure with a few stitches.
- Curl the piece of knitting for the mouse to form a little triangle shape, add a tiny bit of stuffing.
- Using French knots, embroider one for each ear in grey and one in black for nose.
- Embroider eyes in black.
- Add a small length of grey yarn for tail.
- Position mouse onto cat and sew in place.

