

AGE UK TEESSIDE

MONTHLY NEWSLETTER - AUGUST 2019

Cadbury Donate Your Words Campaign



Join Age UK and Cadbury to Fight Loneliness

225,000 older people often go a whole week without speaking to anyone. Cadbury are donating the words from their Cadbury Dairy Milk bars to help - and you can too.

Volunteer Story

Stockton on Tees Parkrunner John Hirst, who lost his wife to dementia in 2017 when she was just 66 years old, will be running the equivalent of a marathon at the 8 Parkrun & 1 junior Parkrun courses along the A66 within 24 hours to raise money for the UK's leading dementia research charity Alzheimer's Research UK. John is the lead volunteer for our Dementia Walking group and is aiming to raise £1,000 to help fund vital dementia research and would welcome support from anyone who would like to join him on one or more legs of the challenge.

On 6th September John will be 66yr 7mth 5days (24,324 days) old, the exact age reached by his wife.

Fri 6th Sept: 10:00 Workington; 11:45 Whinlatter

Forest; 13:15 Keswick; 15:15 Penrith; 17:45 Darlington South Park; 19:15 Billingham Juniors; 20.00 Tees Barrage.

Sat 7th Sept: 07:15 Albert, Middlesbrough; 09:00 Redcar.

To sponsor John visit:

www.justgiving.com/fundraising/a66parkrunmarathon



Strollers & Stragglers



Mondays

10:00 - 12:00

A walking group for people with Dementia and their carers.*

Walking routes will rotate, including:

- **Tees Barrage**
- **Ropner Park**
- **Preston Park**
- **Thornaby**
- **Stewart Park**
- **Norton**

September 2019

2nd Teesside Barrage
9th Ropner Park
16th Preston Park
23rd Norton
30th Stewart Park

October 2019

7th Teesside Barrage
14th Preston Park
21st Stewart Park
28th Norton

The session will include a local walk and refreshments in a social setting. If the weather is bad, please ring to confirm the walk is going ahead; all will be welcome to join this group.

Please contact Louise on
07737 213 018 or 01642 80 55 00
if you would like to attend.

*The sessions are open to anyone in the Teesside area to attend.

Phoenix Group Schedule 2019

Mondays

Carpet Bowls
Fun, Social, Group (Bring a packed lunch)
10.30am – 2.00pm
£1.00 per session

Grove Hill Community Hub
Bishopton Rd
Grove Hill
Middlesbrough TS4 2RP



Tuesdays

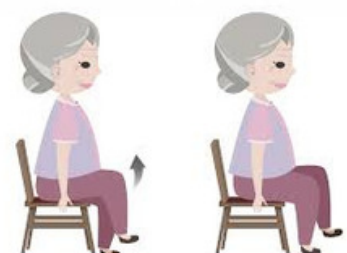
Lunch n Social
Come along and make new friends, enjoy Dominoes, Scrabble, Chess or tackle a jigsaw!
Light lunch plus refreshments provided.
£4.00 per session (catering) or bring a packed lunch.
11.00 am – 2.00pm
Booking essential contact Tina for details

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.

Grove Hill Community Hub
Bishopton Rd
Grove Hill
Middlesbrough TS4 2RP





Friendship Friday

Friendship Friday:

13 September
27 September

11 October
25 October
8 November
22 November
6 December
20th December

Fridays

(every 2 weeks—see schedule)

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

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

Phoenix Walks:

20th September
4th October
18th October

Walking Group

(every 2 weeks - see schedule)

Walkers are required to meet up in the car park by 10.30

Stewart Park
The Grove
Marton-in-Cleveland
Middlesbrough
TS7 8AR

Saturday morning & Monday evening

Zumba Gold

A class for all abilities

1st 6 sessions free for 50 +

Contact Glyn for times and venue Tel .07512 661895.

Contact Tina on 01642 433723/07834 181188

or Reception 01642 805500



Phoenix Crafts

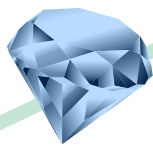
Including:

- Painting
- Sewing
- Knitting
- Origami
- Card-Making
- Personal Projects
- & more.

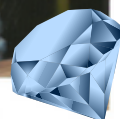
The Phoenix arts & crafts group
will be returning Thursday 26th
September at the Grove Hill
Community Hub.

Thursdays
10 am - 12 Noon
Grove Hill
Community Hub

60



**Congratulations Pam
and Alan on your 60th
Wedding Anniversary!**



Home Energy Advice Service

Working with

e-on

The Home Energy checks have started extremely well. The program is sponsored by EON and Age UK National and they have allocated Age UK Teesside 100 home visits. This service offers energy advice to those that are 65 plus. The aim is to ensure they are aware of energy saving equipment and actions to reduce their energy bills and keep their home warm. Our handyman completes home visits and advises and puts in place measures to ensure they are prepared for the colder month. The handyman will supply and install draught excluders, energy saving light bulbs, timer switches, foam insulation tape, door brushes, radiator foils and night lights where needed.

Prior to the Home Energy visit all customers receive an assessment. This is so that we are able to identify what can be put in place to make sure that they are energy efficient prior to making the home visit appointment. They are offered advice regarding saving energy within the home and informed of measures they can put in place to keep warm in the colder months. Any concerns they raise are addressed when the handyman attends the home visit.

The program only started at the beginning of August and we have already exceeded our required target for this month.

Be prepared for the winter chill

Keeping warm may be common sense but it is easy to forget the obvious things, like setting your timer and thermostat at the right temperature.

One of our experienced handypersons can help you prepare for Winter.

Call today for
a free home
energy check



01642

80 55 00

Teesside
ageUK
Love later life



Better Health Better Wealth

Social groups, services activities in Stockton-on-Tees

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.

Mid-Week Social

Wednesdays from 10.30am–12pm

Live Well Hub, Thorntree Road, Thornaby.

Sessions are 50p.

Zumba Gold Class

Thursday from 1pm - 2.30pm

South Thornaby Resource Centre, Havilland Road, TS17 9NG

Classes are £3.00 per session.

Billingham Buddies Social Group

Monday from 2pm–3pm

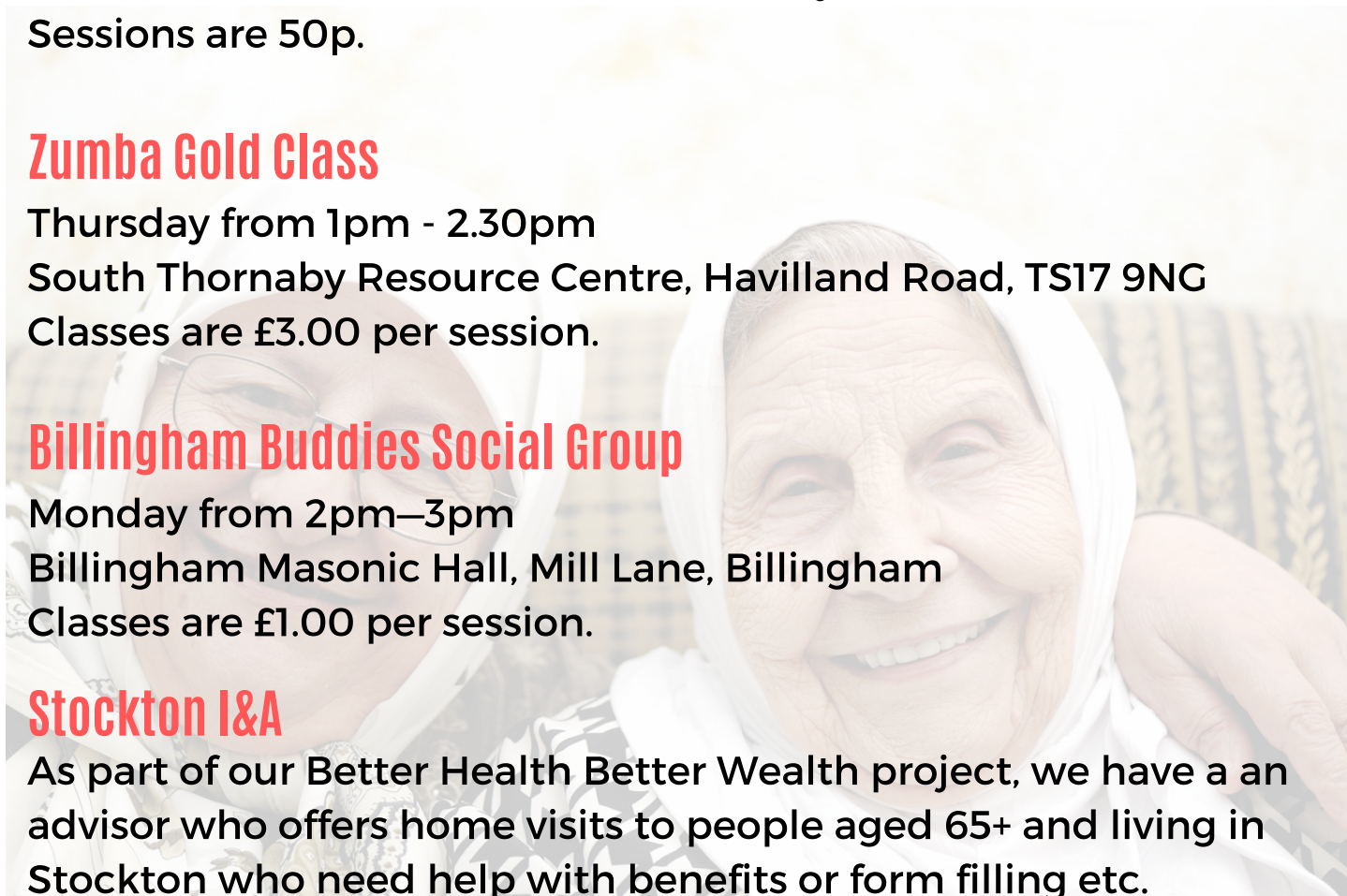
Billingham Masonic Hall, Mill Lane, Billingham

Classes are £1.00 per session.

Stockton I&A

As part of our Better Health Better Wealth project, we have a an advisor who offers home visits to people aged 65+ and living in Stockton who need help with benefits or form filling etc.

Call 01642 80 55 00 to make an appointment .



MONDAY MEETUP



1.30PM - 3.30PM

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 week.

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

CALL GILL OR HELEN ON 01642 80 55 00

The
Henry Smith
Charity

founded in 1628

Welfare Benefits Advice

**Are you aged 50+ and live
in the Hartlepool area?**

Our new Welfare Benefits Adviser
Angela can assist Hartlepool
residents with benefit queries and
applications.

We can offer free home visits for:

- Welfare & Benefit Checks
- Assistance with Form Filling
- General Benefit Advice
- Telephone Advice

**For more information, or to
book an appointment,
please contact Angela on :**

07921 464 127

angela.brough@ageukteesside.org.uk



Redcar Befriending Service

Redcar's Befriending Support worker Robynne and Time Out Coordinator Marie, were invited to celebrate Sainsbury's 150 years Celebration Tea Party in Marske in August.

Sainsbury's in Marske is more than a local convenience store to many of the clients that Age UK Teesside support. We may take 'popping to the shop' for granted but for some it may be their only social contact that day. The staff of Marske Sainsbury's noticeably warm approach to their customers hasn't gone unnoticed and have been involved in something quite unique. As one of the many organisations that support some of their oldest customers, Age UK Teesside were invited to celebrate with them. It was a Sainsbury's Taste the Difference cakes galore! Not only this, there were some 'very important people' in the 'Green room' including former Strictly Come Dancing Star Abbey Clancey (above right) and 2014 Britain's Got Talent Runner up La Voix, pictured with Redcar team members Robynne and Marie.



Sainsbury's
live well for less



Middlesbrough Befriending Service

We all know that experiencing loneliness and social isolation can have a negative impact on your mental health, but did you know that it can also affect your physical health too?

Research shows that lacking social connections is as damaging to our health as smoking 15 cigarettes a day. Social networks and friendships not only have an impact on reducing the risk of mortality or developing certain diseases, but they also help individuals to recover when they do fall ill. Loneliness can raise levels of stress hormones and inflammation, which in turn can increase the risk of heart disease, arthritis, type 2 diabetes, dementia and even suicide attempts.

Preventing and alleviating loneliness is vital to enabling older people to remain as independent as possible. We know that if someone is feeling lonely they are more likely to visit their GP, use A&E more and undergo early entry into residential or nursing care. Befriending involves one-on-one companionship by a volunteer who meets regularly with a lonely person. Befriending improves overall levels of depression, improves quality of life, and increases the degree of self-esteem and well-being.

If you feel lonely or disconnected from your community there are some things you can do to help yourself:

- Reach out to others- join groups or try a new activity
- Talk to someone new when you are out and about....they may be feeling the same as you
- Ask yourself whether what you are feeling is temporary or not. Sometimes our feelings don't always mirror reality

Middlesbrough Befriending Service

- Offer your time to volunteer in your community. This will help you reconnect with others and helping others will in turn help you.
- Get involved in activities you enjoy, or used to enjoy. This can help find a common bond with others which helps you to reconnect.

Our befriending service is available to those people aged 65+, who live alone and have little or no family support. A team member can visit you to talk to you about the service and look to match you to a suitable trained volunteer. Once matched a volunteer can visit you in your home on a weekly basis and once a relationship is established the visits can include trips out, attending activities or just meeting for a coffee and a chat.

The Middlesbrough Befriending Service is currently supporting approximately 10 of our communities' most lonely individuals and we have a pool of well trained volunteers ready to support more people. Currently volunteers provide over 20 hours per week of befriending and have helped individuals to feel more connected and most importantly less lonely

If you or somebody you know would like to be referred to the service please call the Middlesbrough Befriending Service on

01642 805 500.

The service is free and confidential.

MFC Match Buddies

Calling All Season Ticket Holders!

The MFC Match Buddies scheme aims to provide companionship and social interaction to older lonely people on match days.

Call Paula on 01642 80 55 00



Time Out Service

Caring for someone can take up a lot of time and have a negative impact on the carers own physical and emotional wellbeing. In recognition of this, Redcar & Cleveland Council has commissioned a new pilot service called Time Out. Marie Kerr, has joined the Age UK Teesside team and is the lead for the new Time Out Service and explained why the project is so close to her heart:

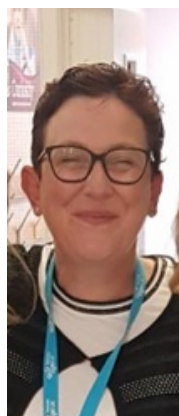
"Shortly after my dad retired, he developed Alzheimer's. Soon, he needed someone to be with him at all times, to remind him about things and to make sure he was safe. My mum, in her 70's became his main carer. She soon found that she could no longer go to her local WI or meet her friends for a coffee and a chat. She could no longer go on day trips and even found it difficult to get to her own medical appointments. I lived only 40 miles away but could only spare time on a weekend because I worked full time and had a family of my own. My mum would have never described herself as a carer. She was a mother and a wife. Not a carer. She would lovingly call it 'her duty' - something they had promised each other the day they were married.

The 2011 census showed that there are 16000 people in the Redcar and Cleveland area just like my mum - unpaid carers, devoting their time to look after their loved ones. I can bet that anyone reading this will know someone who is caring for someone else, doing their 'duty' without a break and without a thought about their own health and needs".



CarersTogether

supporting and connecting carers in local communities



Time Out Service

Age UK Teesside wants to have an impact on the lives of the carers living in Redcar and Cleveland. The new service forms part of the local Carers Support Service, working in partnership with Carers Together and Redcar and Cleveland Mind to provide holistic support to carers in the region.

Age UK Teesside recruits, trains and matches a volunteer to the cared for, allowing the carer a break for up to 8 hours a month. The same volunteer will visit the cared for, on a regular basis and act as a befriender. Volunteers are matched based on shared interests so that everyone involved benefits from the service. Age UK Teesside are looking for more volunteers from the area, who can spare up to 3 hours a week visiting someone to allow their carer a breather, a rest and time to recharge their batteries. If you have this small amount of time available and are keen to help carers in your community, please get in touch.

Are you aged 18+ and live in Redcar & Cleveland?

Our free Time Out Service can arrange for a trained volunteer to:

- Visit the person you look after in their own home
- Build a safe and reliable relationship
- Provide company and conversation
- Help you to find social activities that suit you
- Signpost you to other services that can support you as a carer

07834 181 190

marie.kerr@ageukteesside.org.uk



Welcome Home Project

Are you aged 55+ and live in Redcar & Cleveland?

Are you due to be discharged from hospital?

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.

Before or upon discharge suitable patients will be matched with a project volunteer who will support the patient to get home and will offer 4-6 weekly visits (1 visit per week) at the older persons home to help build their wellbeing and independence and reduce re-admission rates.

The trained volunteer will:

- Visit the cared for in their own home
- Ensure the patient has the necessary basic needs upon discharge (eg fuel, food)
- Provide company and conversation
- Signpost the patient to any other appropriate services

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

07921 464 125

Paula.Taylor@ageukteeside.org.uk

If you would like to find out more please talk to the Therapeutic Care Team on:

01642 282496

Ex - 52496



WHO SLEIGHED SANTA?

MURDER
MYSTERY

The Wenceslas Department Store has booked a different group of actors to play Santa and his helpers for it's grotto this year.

It's less ho ho ho and more of a nightmare with the man in the red suit being rude to parents, an Elf who wants to see the back of Santa and a Christmas fairy who has other things on her mind.

So when last year's Santa winds up dead it's hardly a surprise but can you work out who killed Santa?

**Thursday 5th December
from 7.00pm**

**Synthonia Suites
Belasis Avenue
Billingham TS23 1LH**

Tickets £15pp (includes pie & peas)

For tickets please call
01642 433727
or sign up online at
www.ageuk.org.uk/teesside



Tall Tales
Mysteries

 **Teesside
ageUK**
Love later life

Registered Charity No 702714

For
Ladies
Who
Lunch



LADIES LUNCH

WITH EMILY
BENTLEY

Crathorne Hall

Friday 25th October 2019

£25pp (Includes Welcome Drink and
Two Course lunch).

For tickets visit

www.ageuk.org.uk/teesside

01642 805500

laura.wedgwood@ageukteesside.org.uk

Registered Charity No: 702714



Emily Bentley has enjoyed a long career in the Tees Valley and is well known for her marketing expertise. She will be sharing her story from an extensive career in the region and how she has helped grow the profile of some well-known organisations. She will also offer tips on how to take calculated risks, what drove her to make the choices she has and tell us what she has planned for the future.



JBC ACCOUNTANTS

Tilly Bailey & Irvine
law firm

CRATHORNE HALL
HOTEL
YARM, NORTH YORKSHIRE

tbi

COMING IN 2020

**PARANORMAL
BOO! TCAMP &
GHOST HUNT**



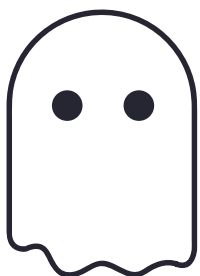
WHAT IS A GHOST?

Saturday 21st March 2020,

**£25pp plus Sponsorship
Saturday 21st March 2020
7pm-12.30am**

**TAD Centre,
Ormesby Road,
Middlesbrough,
TS3 7SE**

For tickets visit
www.ageuk.org.uk/teesside



Featuring 'What is a Ghost' Seminar from Richard Felix, Paranormal Historian, star of Most Haunted, Ghost Reponse Haunted UK, Great British Ghosts, Ghost Skool & Britains Greatest Haunts.

Plus a Ghost Hunt with Psychic/Exorcist Ian Lawman, star of Most Haunted, I'm Famous and Frightened, Ghost Chasers, Ghost Skool and Haunting Australia

80'S ZUMBATHON



1st Hour Zumba Gold
2nd Hour Zumba Fitness

2019
OCTOBER
SUNDAY
20
11.00AM - 1.00PM

£7.00 for 1 hour or **£10.00** for 2 hours
Sponsorship requested but not essential

AT HIGH GRANGE COMMUNITY CENTRE
CASSON WAY BILLINGHAM TS23 3TX

Participants can sign up online: www.ageuk.org.uk/teesside
email laura.wedgwood@ageukteesside.org.uk
or call **01642 433727**

 **Teesside**
ageUK
Love later life

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

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

Age UK Teesside

Dorothy Rose Suites (29-32)

The TAD Centre, Ormesby Road

Middlesbrough

TS3 7SF

www.ageuk.org.uk/teesside

01642 80 55 00



Can We Make Use of Your Old Money?

Shops stopped accepting the round £1 coins on 15th October 2017 and can no longer give them out as change.

But, 169 million old £1 coins have yet to be returned to the Royal Mint.

Are there any hiding down the back of your sofa?

If you have any old £1 coins that you'd consider donating to Age UK Teesside, we'd be very grateful to receive them and we'd put them to really good use in our work supporting older people.

You can drop them into our office at the TAD Centre.

Contact Us today if you would like to donate your old coins:

Call: 01642 80 55 00

Email: Enquiries@ageukteesside.org.uk



Billingham Buddies Social Group

**Every Thursday
Starting 8th August 2019**

1.00—2.30pm

Billingham Masonic Hall, Mill Lane, Billingham
A social group with light refreshments for only
£1 per person. Everyone welcome.

**Call today on:
01642 80 55 00**

**& speak to
Gill or Helen**



FREE CRAFT SESSIONS

for the visually impaired & their carers



Would you would like to try creative crafts sessions
which have been specially designed for you?

**Contact Irene Poynter on
01642 470 912
irenepoynter@icloud.com**

These sessions are supported by:
The Redcar & Cleveland Council Isolation Fund



**CALLING ALL
DOGS!**
**BARK SUNDAY
IN THE PARK 1 DEC 2019**



To sign up please call:

01642 443727

or

07921 464 126