

August 2017 Newsletter



Welcome to the August edition of the Age UK Teesside newsletter. The end of Summer is closing in fast and the cold(er) weather is coming. Our Winter Warmer scheme will be back to support older people in the colder months and, as always, we continue tackling loneliness with befriending, groups and events.

We Urgently Need Befrienders!



Age UK Teesside are seeking volunteer befrienders to visit older people living in the borough of Hartlepool who have been identified as lonely and/or socially isolated. Just one hour per week can make a very big difference to an older person's outlook on life and visibly improves their mental wellbeing.

A recent study published in the Telegraph suggests that loneliness is more deadly than obesity and should be considered **A Major Public Health Hazard**.

Health risks associated with loneliness

include:

- Depression and suicide
- Cardiovascular disease and stroke
- Increased stress levels
- Decreased memory and learning
 - Antisocial Behaviour
 - Poor decision-making
- Alcoholism and drug abuse
- The progression of Alzheimer's disease
- Altered brain function

Contact Lee Russell on 07808306184 or download our volunteer application form if you have an hour to give to a lonely, older person in Hartlepool.

Redcar & Cleveland Borough Council leader uses first engagement as patron of Age UK Teesside to meet the 'befrienders'

The leader of Redcar & Cleveland Borough Council Councillor Sue Jeffrey (pictured below, right) used her first public engagement as Age UK Teesside's only official patron to find out about the charity's Befriending Service.



Cllr Jeffrey called on great-grandmother Linda Tyreman (left), 79, in Grangetown to discover more about the Redcar and Cleveland Befriending Service, which is backed by the council.

She chatted to Mrs Tyreman her 'befriender volunteer' June Siddaway (far right), and Chief Executive of Age UK Teesside Anne Sykes in Mrs Tyreman's home.

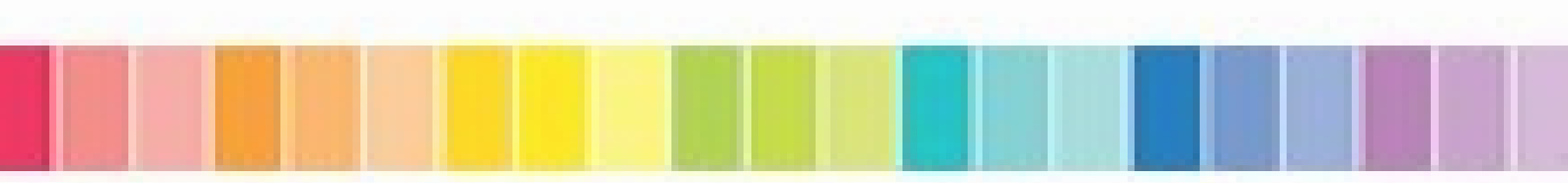
The council leader, who was recently appointed as Age UK Teesside's first patron, was informed that Mrs Siddaway has been visiting Mrs Tyreman since March as one of 28 volunteers helping alleviate isolation among 41 pensioners across the Redcar and Cleveland area. However, she also learned that a total of 123 older people who can sometimes become isolated have been referred to the council-funded service and more dedicated volunteers are needed.



"I've always greatly admired the work of Age UK Teesside and I was very proud to be asked to become its first patron. I have been deeply impressed by the vital work it does and I'm really proud the council supports the befriending service."

"It was an absolute pleasure to pop in on Mrs Tyreman and hear about how much she values the service. It was also a joy to spend some time with June and hear about how she gives up her time in this way. It is people like June who give so much to our community and it's humbling to hear about all they do out of the goodness of their hearts."

Cllr Sue Jeffrey, Redcar & Cleveland Borough Council





Cllr Jeffrey & Anne Sykes

Anne Sykes, Chief Executive of Age UK Teesside, explained that Redcar and Cleveland Befriending Service began in January, 2016 and Redcar & Cleveland Borough Council had now agreed to fund the project for a further two years.

Redcar & Cleveland Borough Council committed to funding the Befriending Service for another two years last April.

"We are delighted that Cllr Jeffrey has agreed to become our first official patron. I have heard Sue speak several times over the years and her commitment to volunteering is really clear."

"There is a really, important need for this service. Often people who may be older and isolated will use other public services and, the sad truth is, that loneliness is a killer. It leads to mental health issues."

"Our volunteers, like June, are really special people. You have to give real commitment. Not everyone can do it and it's really important the volunteer gets something from it."

Anne Sykes, Age UK Teesside

Linda Tyreman, who has four children and 11 grandchildren and two great-grandchildren, explained her husband, Derek, who was a heating and ventilation engineer in the Royal Navy and then at British Steel, passed away in 2004.

Mrs Tyreman, who has early stage dementia, has supportive, loving family nearby, including two children and their partners living on the same street who called round very regularly. However, her children and partners all work and have other commitments, including helping to look after children and grandchildren.

Mrs Tyreman, who has lived in the area all her life, said: *"I have a lot a family but a day can be a long time. I love June coming round. Sometimes we go out for trips and it can really make my day."*

Mrs Siddaway said: *"I call round on another gentleman as well and I can honestly say I love it. I always stay longer because we have a good time. I would recommend volunteering to anyone who can really afford the time and commitment. It is so re-*

warding in so many ways."

Mrs Tyreman's daughter-in-law, Dawn Tyreman, said: *"We all work, so it is a relief to know June calls round in the day sometimes. Also, it's a different kind of conversation she can have with June and Linda really looks forward to her coming round."*

She goes to bingo most nights and someone will call virtually every day, but the day time can really be a problem. The whole family are really grateful for the support from Age UK."



Volunteer Awards 2017!

The Befriending Service in Redcar and Cleveland received some great recognition on July 14th at the local **Volunteer Awards** at Westfield Farm in Dormanstown.

When Befriending Service volunteer Miriam Tilley received the 1st awarding of the **'Love your Neighbour'** award, partnered by Redcar and Cleveland Council and Middlesbrough Together and presented by the Mayor of Redcar and Cleveland, Cllr Karen King.



The Love your Neighbour Campaign has stemmed from tensions in Birmingham and the tragic death of MP Jo Cox ; this award recognises acts of **kindness** and **neighbourliness**, which the campaign greatly encourages.

This recognition for Miriam came from the great work she has done over the past year and for the help she provides week to week to four ladies in the Redcar and Cleveland area.



*Well done
Miriam
and all the
volunteers
and staff in
the
Befriending
Service
team.*

Volunteer and Winner of the Love Thy Neighbor Award, Miriam Tilley with Ross Newton, Befriending Services Coordinator for Redcar & Cleveland.



Age UK Teesside's first ever Make a Will Month

EXCLUSIVELY IN PARTNERSHIP WITH TILLY, BAILEY & IRVINE

This extra special offer is available only during August, the solicitors are giving their time and expertise freely, all they ask is that you donate a minimum of £80 to Age UK Teesside in return for a single will or a minimum of £100 for a pair of matching Wills. In addition to benefiting from this fantastic launch offer and supporting Age UK Teesside you gain peace of mind, knowing that your loved ones will be provided for after your death and that your wishes will be carried out. Places are limited, so don't delay, act today! Contact your local branch of Tilly Bailey & Irvine directly using the numbers below and quoting Age UK Teesside Wills Month. Thank you, on behalf of your community, for enabling Age UK Teesside to provide expert advice, support and companionship to those in need.

TILLY, BAILEY & IRVINE
STOCKTON
T: 01642 356407

TILLY, BAILEY & IRVINE
HARTLEPOOL
T: 01429 405081

Tilly Bailey & Irvine 
 law firm

PLEASE REMEMBER THAT YOU WILL NEED TO TAKE YOUR ID TO YOUR WILLS APPOINTMENT ALONG WITH CASH OR A CHEQUE TO MAKE YOUR DONATION

Registered Charity No 702714

Phoenix 2017

Mondays

Carpet Bowls

Fun, Social, Group (Bring a packed lunch)

10.30am – 2.00pm

Tuesdays

Lunch n Social

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

Light lunch plus refreshments provided.

£3.00 per session (catering) Or bring a packed lunch.

11.30am – 2.30pm

Booking essential contact Tina for details.

Podiatry Service Contact Tina for details and appointments.

Wednesday

Chair Exercise & Reminiscence Activities 12 noon – 1pm

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.

Thursdays

Craft sessions – Knitting, Embroidery, Card -making, Crochet – or bring along your own craft/idea?

10am – 12noon

Contact Tina

Fridays

Friendship Friday

Enjoy a Quiz, Raffle and a game of Bingo!

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

Fish n Chip lunch (£4.30) or bring a packed lunch.

10.30am – 2.30pm

Booking essential contact Tina

Saturday

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 803328 or reception on 01642 805500 for further details



The Big Knit!

The Big Knit Campaign 2017 ended on July 31st; our goal was 2000 hats and we achieved an impressive 1970 knitted creations.

Look out for the Age UK knitted hats – they'll be in-stores soon, atop the innocent smoothie bottles!



“A big shout out to our volunteer knitters who created some amazing pieces and supported us throughout. Thank you x”

**Tina Bonner, Phoenix
Project Officer**

Afternoon Tea with Phoenix!

Vicky Lofthouse and the Santander team have made a generous donation to the Phoenix Project to help towards facilitating an Afternoon Tea.

They kindly purchased tea pots, table-cloths, cake stands, crockery and teabags - all beautifully wrapped and presented to Tina Bonner (see below picture).

Thank You Team Santander!



Our first afternoon Tea will be on Wednesday 4th October here at Dorothy Rose House in celebration of ***Older Peoples Day 2017***

Times and details TBA (booking will be essential)

Afternoon Tea



Following on from this we plan on holding a monthly Afternoon Tea - Watch this space!
Should you require any further information regarding Phoenix activities please call Tina on 01642 803328

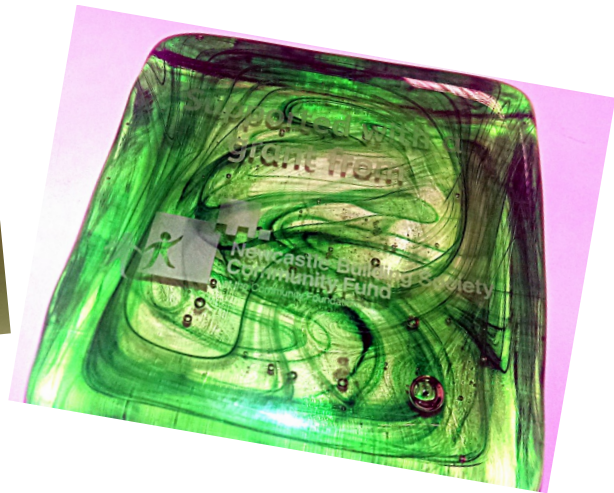
Newcastle Building Society!

Back in December, Newcastle Building Society awarded us £910 to fund 50 'Winter Warmer packs' for elderly people in the Teesside community.

"The packs include essentials such as hot water bottles, flasks and hand warmers. With the current high cost of fuel many elderly people are unable or not confident to heat their homes.

The winter warmer packs, along with support from the Age UK team, will ensure vulnerable older people are able to stay warmer during the winter" - **NBS Website**

In July 2017, Karen Morgan and Ken Hines (above, with Anne Sykes), presented us with the lovely, Newcastle Building Society Community Fund Award!



Age UK's Weekly Lottery!

For just £1 per entry you will receive a unique draw number for each weekly entry and each week, a random number generator will select 500 numbers. The first number drawn will win the first prize of £2,000 then £250 for second prize, £150 for third, £100 for fourth and £50 for fifth, plus 995 runners up prize of £10 each.

Plus, our quarterly 'Super-Draw' where you could win a whopping £25,000!

If you would like us to send you an application form, please contact Age UK Teesside on 01642 805500

**Don't miss your chance to win
£25,000 every quarter
and £2,000 every week**

Play the Age UK Weekly Lottery today!

Enter now by visiting www.ageuk.org.uk/lotto

Only £1 per entry



‘Street Eats’ Project Wild Food and Foraging Walks

Location: Dormanstown

Date: Tuesday 22nd of August

Time: 5.30pm

Meet at the play area on Armitage Road.
TS10 5PY)

Location: Liverton Mines

Date: Thursday 24th of August

Time: 5.30pm

Meet at Liverton Mines village hall.
(TS13 4QU)

Contact us to book:

Laura Ince-Henry

Project Officer

Tel: 01642 815663

Email:

laura.ince-henry@groundwork.org.uk

More details: Both walks are free, as part of this Big Lottery funded project, and open to all ages. Dogs welcome on a lead, paths may be uneven and slippery, so suitable sturdy footwear is recommended.

PLEASE NOTE - BOOKING IS REQUIRED

The Live Well Dementia Project!

The Live Well Dementia Project delivers Maintenance Cognitive Stimulation Therapy (MCST) to people living with dementia. MCST is designed to stimulate the mind in a way that is non-threatening and enjoyable, through a series of sessions in either a group setting or on a one to one basis.

The sessions are free to older people living in the Borough of Stockton and are run by two Age UK (Teesside) staff, **Phil Smith and Jane Dean**. The team also assist

carers who want to take an active part in targeted stimulation of their loved ones. Over the same period last year the project received **86 referrals**. Since then we have received a further **178 referrals**. The challenge is to deal with more people, whilst ensuring the high standards achieved are maintained. To do this we have managed to increase the groups from eight people to twelve and therefore, are engaging with more people living with dementia across Stockton on Tees. We've also found that there's more energy in the larger groups and more interaction.

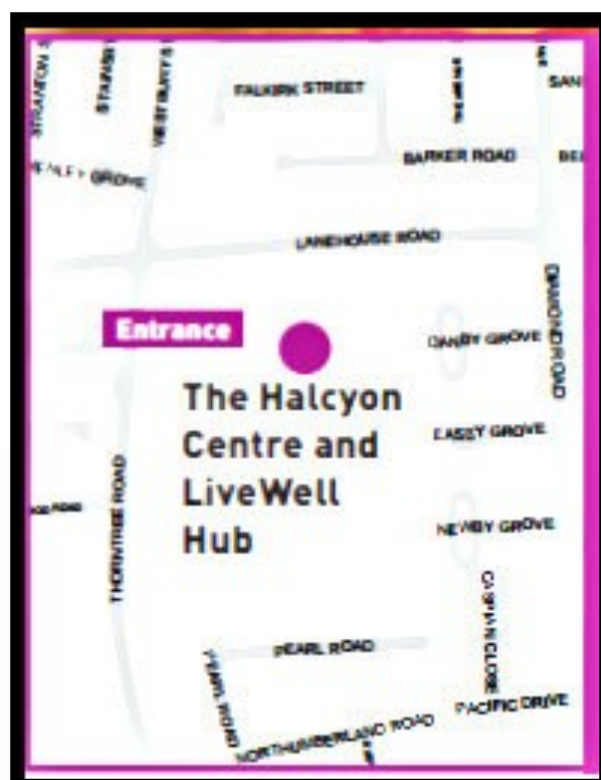
The Hub is managed by Stockton-On-Tees Borough Council, working closely with many other organisations to get the right support for you. The Hub is open between 10.00am and 3.00pm Please feel free to call in for a chat whatever your experience or knowledge of dementia. The Hub is accessible by car, public transport and by foot.

For more information:

Call: 01642 527363

Email: Livewell-Hub@stockton.gov.uk

LiveWell Dementia Hub (Adjacent to the Halcyon Centre), Thorntree Road, Thornaby, Stockton-On-Tees TS17 8AP

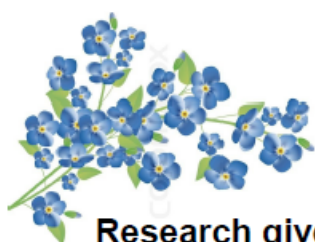


For any ex-service veterans with memory issues in the Borough of Stockton, Phil (ex 15th/19th Kings Royal Hussars) and Jane also run a veterans group every 2nd Friday of the month at The Live-Well Hub, Thornaby between 10am and 12pm. If you're interested in a bit of military banter and talking over old times with people who've served, please ring [01642 805500](tel:01642805500), leave your contact details and Phil will get back to you.

Jane and Phil were recently surprised when a member of the Billingham group, John, presented them each with one of his paintings.

PROMOTING DEMENTIA RESEARCH EVENT

MONDAY 4th SEPTEMBER 2017
10:00am-2:00pm
 (Lunch will be available)



Research gives people with dementia hope, a future where there is better care and treatments

Come and learn how you can promote dementia research or get involved in local studies



**Venue: The Jim Cooke Suite, Stockton Library,
 Church Road, Stockton on Tees (opposite Splash)**

**For further details and to book on event contact:
 Val Heard on 01642 283501—Email v.heard@nhs.net**



Meet the Team!

Benefits Advisor—Sue Danes!

As a Benefits Advisor for Age UK Teesside, Sue works alongside Middlesbrough's **Financial Inclusion Group**, working part-time in hubs around Middlesbrough to deliver Welfare Advice.

From 1st April 2015 –31st March 2017, Age UK Teesside has contributed to an estimated annual amount of being generated in benefit awards for clients!



£2.2 Million

Sue's role as Benefit Advisor with both **EON** and the **Pay-It-Forward** scheme has generated a further estimated **£550,000** in annual awards for the residents of Redcar & Cleveland!

A customer survey by EON yielded excellent results regarding the service:

" Cannot fault the service in any way "

" Service was first-class "

The survey also asked the customers why they used the service in the first place and how it affected/improved their daily life.

How do you feel after using the service?

- ♦ "More Confident", "Less Isolated", "Warmer", "I visit my GP/hospital/health worker less"

How did you use the money you gained?

- ♦ "Keeping my Home Warm", "Extra Food", "Household Repairs", "Going Out Socially"



10/10

Sue!



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

BETTER HEALTH BETTER WEALTH!

The ever popular *Music in Hospitals* returns! Wednesday 18th October 1.00pm

At the Live Well Hub Thorntree Road, Thornaby TS17 8AP

The Musicians will play a range of music and tunes.

Afternoon Tea is also included and this event is Free.



In Hospitals

Lunch 'N' Social is held on the **last Friday** of every month, **11am-1pm**.

At Newtown Community Resource Centre

Sessions are £1 including light lunch

Billingham Buddies is still held every **Thursday 1.30 – 3.30pm**

At East Avenue Community Centre

Sessions are £2 per week with no charge for carers.

Thornaby Sociable Club is also running every **Wednesday from 10.30 till 12.00pm**

At the Live Well Hub, Thorntree Road, Thornaby.

Sessions are free.

All are social groups for people aged 65+, include light refreshments, social interaction, lively activities and a chat with new friends.

****NEW Zumba Gold Class*** is starting on **Monday 4th September at 2.00pm -3.00pm**

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

Classes are £3.00 per session.

Phone Age UK Teesside BHBW Team on 01642 805500

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



Wednesday

30th

August

1.00-3.00pm



**South Thornaby Community Centre,
Havilland Road, Thornaby, TS17 9JG**



Inspiration through positive activity



- * Bringing young people and the older generation together to prepare, cook & taste a dish!
- * Learning the need for good nutrition and making healthy choices when it comes to diet!
- * Learning how dietary changes over have affected our health.
- * Pupils will work with Kreative Kitchen to develop their communication skills and teamwork!



Information & Advice!

This service offers:

- Benefit Checks
- Form-Filling
- Challenge Benefit Decisions
- Advice on all Benefits

Loftus I&A

The Co-Op Building, Loftus. Every Tuesday 9.00am – 4.00pm DROP-IN SERVICE

Hartlepool I&A

100 York Road, Hartlepool. Every Wednesday 9.00am – 4.00pm DROP-IN SERVICE

Middlesbrough I&A

190 Borough Road, Middlesbrough. Every Monday and Tuesday – Appointments start from 9.00am

Fundraising & Events!

Sponsored Skydive 2017








Only 75 Days To Go !!!



We now have more than 30 participants signed up to take part in our Sponsored Skydive in October!

We are very grateful to everyone who has signed up to take on this daring challenge and raise money for Age UK Teesside.

There are less than 12 weeks to go until the big day on October 29th and we have already received several generous donations – but there's still time to show your support and sponsor one of our fundraisers.

Fundraisers	
 <p>Age UK Teesside Skydive 2017 Total raised: £130.00 (excl Gift Aid) View fundraiser</p>	 <p>Freya Ingham Total raised: £20.00 (excl Gift Aid) View fundraiser</p>
 <p>Ripcord Rebels Total raised: £300.00 (excl Gift Aid) View fundraiser</p>	 <p>Rachel Sharpe Total raised: £70.00 (excl Gift Aid) View fundraiser</p>
 <p>Anne Sykes Total raised: £330.00 (excl Gift Aid) View fundraiser</p>	

Fundraising events are a great way of getting the public involved with our charity's goals and spreading the word about our work in the community. You can even create your own event to raise funds and nominate us as your chosen charity – or get in touch with Laura and choose a fundraising event from her endless list of challenges. We recommend using the Virgin Money Giving website to organise your events and make secure donations.

The Age UK Teesside page is:

uk.virginmoneygiving.com/AgeUKTServices

From here you can choose which fundraiser and which event you want to sponsor – it's that easy!

Festive Bus Trip!

On Saturday 25th November 2017, Age UK Teesside are arranging a bus trip to York Christmas Festival.

The bus will be departing from our Borough Road Office and costs **£15** per person.

For more information, or to book your place via telephone, contact Laura. If you prefer to pay for your ticket online you can keep checking the Special Events page on our website where you will soon be able to purchase tickets via Worldpay.

Laura Wedgwood,

Grant & Funding Co-ordinator

Laura.wedgwood@ageukteesside.org.uk

01642 803326

07921 464126



To read more about
the York festive
activities, visit

VISITYORK.ORG.UK

25th—26th November
Is the Christmas Market

**Choir
Weekend**

BUNGEE JUMP



5TH NOVEMBER 2017

**160FT FROM MIDDLESBROUGH'S
TRANSPORTER BRIDGE!**

IPC!

The IPC 'Puffin' Group' meets the first Thursday of every month for those of you living with long-term respiratory conditions. The previously named

'Breathe-Ease' group, has grown from strength to

strength, with increasing numbers and guest speakers such as Howard Garnett, Energy Champion from Stockton Citizens Advice and Cleveland Fire Brigade's Craig McLean.



Next Meeting will be: 7th September

To Book Your Place Call Anne Hollifield on 01642 805500



Fire Safety in the Home

"At our June meeting Craig McLean from Cleveland Fire Brigade came along to advise about home fire safety. There was a good discussion, with many questions answered. Topics covered included smoke alarms, switching off appliances, having an escape plan if a fire does start and de-cluttering your home to make it easy to get out in a hurry and to avoid trips and falls.

Some people put their names down for a home fire safety visit from the Fire Brigade. If anyone else would like a home visit please give me your names and I will pass your details on – the service is free." -

Anne Hollifield

My Voice, My Choice Group

For anyone living with a complex health condition or disability, or family members who care for a loved one.

We get together to connect with like-minded people and share our ideas to make a difference across health and social care.

Our next meeting will be on **28th July from 1pm till 4pm** at Stockton Citizens Advice Bureau, Bath Lane, Stockton, TS18 2DS (round the back of Splash).

Come and join us! You'd be so welcome and we'll provide a light lunch.

Contact Colin from **Peoplehub** at Colin@peoplehub.org.uk or

Zoe on 07928 036944 or at zoeread@hotmail.com

Over 50? Need Benefit Advice?

Age UK Teesside will be holding Benefit Advice Sessions every Monday and Thursday from Westfield Farm, Dormanstown.



Providing advice & support with:

- * **BENEFIT CHECKS**
- * **ADVICE ON ALL BENEFITS**
- * **FORM FILLING**
- * **CHALLENGE BENEFIT DECISIONS**



Benefits & Issues

For appointments please call:

01642 80 55 00 DROP-IN SERVICE AVAILABLE

Open: 9.00am-4.30pm (*Last appointment 3.00pm*)

Every Monday & Thursday

Westfield Farm, The Green, Redcar, TS10 5NA

Age UK Teesside is a registered charity. Charity No:702714



AGE UK'S TOP TIPS FOR AVOIDING SCAMS



**Don't rush
into anything**

Talk to someone before
making a decision.

**Make sure
the company
is reputable**



Check here:

[fca.org.uk/register](https://www.fca.org.uk/register)

**Know who's
on your
doorstep**

Ask for ID!



**See our free guide
Staying safe,
which can be
downloaded from
www.ageuk.org.uk
or ordered from
the Age UK Advice
Line on
0800 169 65 65**

**Protect
Your Money
From
Scammers**



**For suspected
pension scams
call
The Pensions
Advisory
Service
on**

0300 123 1047

**Be wise
to cold
call scams**



**Be aware
of new
pension scams**
**Visit the Pension Wise
website for more
information**

Report it—

contact Action Fraud
on
0300 123 2040



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 House, 190 Borough road, Middlesbrough, TS1 2EH

www.ageukteesside.org.uk

01642 80 55 00

