



## December 2017 Newsletter

What a year it has been, with our first Full of Life Event and an array of fundraising events, Age UK Teesside has received overwhelming support.

Next year is set to be just as exciting and we can't wait to share all we have planned.

For now it's time to say thank you to all of our service users, volunteers and all of you for helping to make 2017 an incredible year.

Read on to enjoy some of our highlights from the year and some of what's to come in 2018.

*Thank  
you*

### Goodbye Phil!

We say goodbye to Phil Smith, Dementia Services Coordinator, this month. Much-loved, he will be missed by all—Good Luck for the future Phil, we wish you all the best.



Age UK Teesside will close for the holiday period on

**Friday 22nd December 2017.**

We will be back on **Tuesday 2nd January 2018.**

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# no one should have no one at Christmas

Please help us provide  
companionship and support  
for local older people.



**Please text **AUKT** to 70660**

**Text costs £5 plus network charge**

Age UK's National campaign No One Should Have No One has launched for its second year and once again the response has been overwhelming. Pledging a little time or money to support the lonely and elderly has never been simpler. Text-to-donate or call 01642 80 55 00 if you would like to volunteer with us in 2018.



## Festive Fundraisers!

This year, Age UK Teesside launched a series of fundraising events to get you involved with our organisation and challenge yourself to take on daring risks.

We had such an overwhelming show of support and so many of you took part that we couldn't possibly fit everyone into the newsletter, however, we have photo's and videos of the events on our Facebook page.

From all of us at Age UK Teesside, we would like to say a big thank you, and wish a very Merry Christmas, to all of our Great North runners, skydivers, abseilers and bungee jumpers—plus a special shout-out to Ibrahim El-dharrat from Santander, for taking part in 3 events!

If you want to be one of our fundraisers for 2018, contact Laura on 01642 803324 or email [Laura.Wedgwood@ageukteesside.org.uk](mailto:Laura.Wedgwood@ageukteesside.org.uk)











# FESTIVE LUNCH HARTLEPOOL

Are you over 50 years old?

Facing a lonely Christmas?

Want to spend time with others like you?

Join us for a festive lunch this December, with good company and new friends, there'll be fun and food hosted by the Age UK Teesside team.

**Belle Vue Centre, Kendal Road, Hartlepool TS25 1QU**

**Thursday 21st December 2017**

**From 12.00pm**

**FREE EVENT**



**01642 80 55 00**

**Spaces Limited—Call Today to Book**

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



# FESTIVE LUNCH REDCAR

**Are you over 50 years old?**

**Facing a lonely Christmas?**

**Want to spend time with others like you?**

Join us for a festive lunch this December, with good company and new friends, there'll be fun and food hosted by the Age UK Teesside team.

**Newcomen Church Hall, Mersey Road, Redcar TS10 4NY**

**Friday 22nd December 2017**

**From 12.00pm**

**FREE EVENT**

**01642 80 55 00**

**Spaces Limited—Call Today to Book**







# Lunch n Social

## Christmas Celebration

On Tuesday 19th December

11am – 2.30pm

Fun Quiz

Musical Prize Bingo

With a

Buffet Lunch



Booking essential  
contact Tina for  
details.

Tel. 01642 803328



# **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!

1<sup>st</sup> 6 sessions free for 50 +

Contact Glyn for times and venue

Tel: 07512 661895.





# Happy Birthday Betty!



The Phoenix group celebrated the 90th birthday of one special member this month. We hope you had a very Happy Birthday Betty and we wish you many more to come!

## Phoenix Christmas Timetable



<u>Event</u>	<u>Last Session of 2017</u>	<u>First Session of 2018</u>
Carpet Bowls	<b>Monday 18th December</b>	<b>Monday 8th January</b>
Lunch 'N' Social	<b>Tuesday 19th December</b>	<b>Tuesday 9th January</b>
Chair based Exercise & Reminiscence	<b>Wednesday 13th December</b>	<b>Wednesday 3rd January</b>
Craft 'N' Textile	<b>Thursday 21st December</b>	<b>Thursday 4th January</b>
MCST	<b>Thursday 21st December</b>	<b>Thursday 11th January</b>
Friendship Friday	<b>Friday 15th December</b>	<b>Friday 5th January</b>



# Friendship Friday 2018!



DATE	MONTH
------	-------

5	January
19	January
2	February
16	February
2	March
16	March
6	April: Easter Bonnet Competition & Raffle
20	April
4	May
18	May
1	June
15	June
6	July
20	July
3	August
17	August
7	September
21	September
5	October
19	October
2	November
16	November
7	December
21	December: Christmas Party & Raffle

**Dorothy Rose House**

**190 Borough Road**

**Middlesbrough**

**TS1 2EH**

**10:30am—2.00pm**

Enjoy Fish & Chips

or bring a packed lunch

Unlimited Tea & Coffee for only 60p

Meet old, & make new friends

Play Prize bingo & a Quiz for fun!

Bring along a raffle prize & enjoy our  
raffle



Booking essential, call Tina on  
01642 803328 or 07834 181188

## **BHBW: Groups**



**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.

**Billingham Buddies**

**Thursdays 10.30 – 12.30pm**

East Avenue Community Centre

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

**Thornaby Sociable Club**

**Wednesdays from 10.30 till 12.00pm**

Live Well Hub, Thorntree Road, Thornaby.

Sessions are 50p.

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

**Zumba Gold Class**

**Monday from 2.00pm -3.00pm**

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.***





# I-Tees'

Information Teesside



## Age UK Teesside Computer Group

**Do you have problems with PC's? Technology leave you confused?**

**Don't despair with your devices—Information has no age-limit!**

**Learn how to:**

- ⇒ Search the internet
- ⇒ Home shopping
- ⇒ Pay Bills like council tax..
- ⇒ Email
- ⇒ find the best deals for Energy, insurance etc.
- ⇒ Switch bank accounts, energy etc.

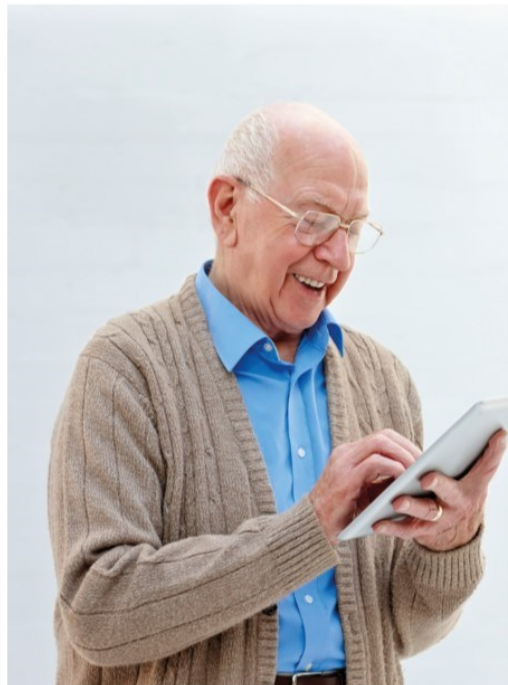
**10.00am—12.00pm**

**Tuesday 9th January**

**South Thornaby Community Centre,**

**Havilland Road,**

**Thornaby, TS17 9JG**



**Come along and enjoy one-to-one tutorials for specific needs regarding digital devices and computers. There will also be social activities, such as dominoes and quizzes, plus tea, coffee and a chat.**

**Bring your own device for individual tutoring.**

**Only  
£1.00 per person**

**For more information, call**

**01642 80 33 13**



## BHBW: Try-it-Tuesday Christmas Party





On Tuesday, December 5th, our Try-it-Tuesday group enjoyed a wonderful Christmas party thanks to the efforts of volunteers Janet Campbell and Susan Binks.

Joined by members of the Age UK Tees-side Team, they enjoyed a buffet and a range of activities at Thornaby Pavilion for an early festive celebration.



***"Today it was our Christmas party at Thornaby Pavilion, our group is called Try it Tuesday and I have to say a good time was had by all!"***

***Santa Janet, [me] and her little elf, Susan, organised a buffet for the group with support and help from the fantastic staff of the Pavilion.***

***In attendance were, Gladys, Sandra and Peter, Ann and Norman, Keith, Pat and Roger.***

***Three of the office staff also turned up, Gill, Linda and Louise [anything for a free lunch!] Couldn't have done it without you all!"***

**- Janet Campbell**



# Christmas 2017 and New Year 2018 opening times



- Friday 22nd December: all our offices and phone lines are open as usual
- Monday 25 December: all our offices and phone lines are closed
- Tuesday 26 December: all our offices and phone lines are closed
- Wednesday 27 December: offices in England and Wales are closed. Phone lines will be open to handle urgent or missing payment enquiries only
- Thursday 28 December: all our offices and phone lines are open as usual
- Friday 29 December: all our offices and phone lines are open as usual
- Monday 1 January: all our offices and phone lines are closed
- Tuesday 2 January: offices in England and Wales are open. Phone lines will be open to handle urgent or missing payment enquiries only

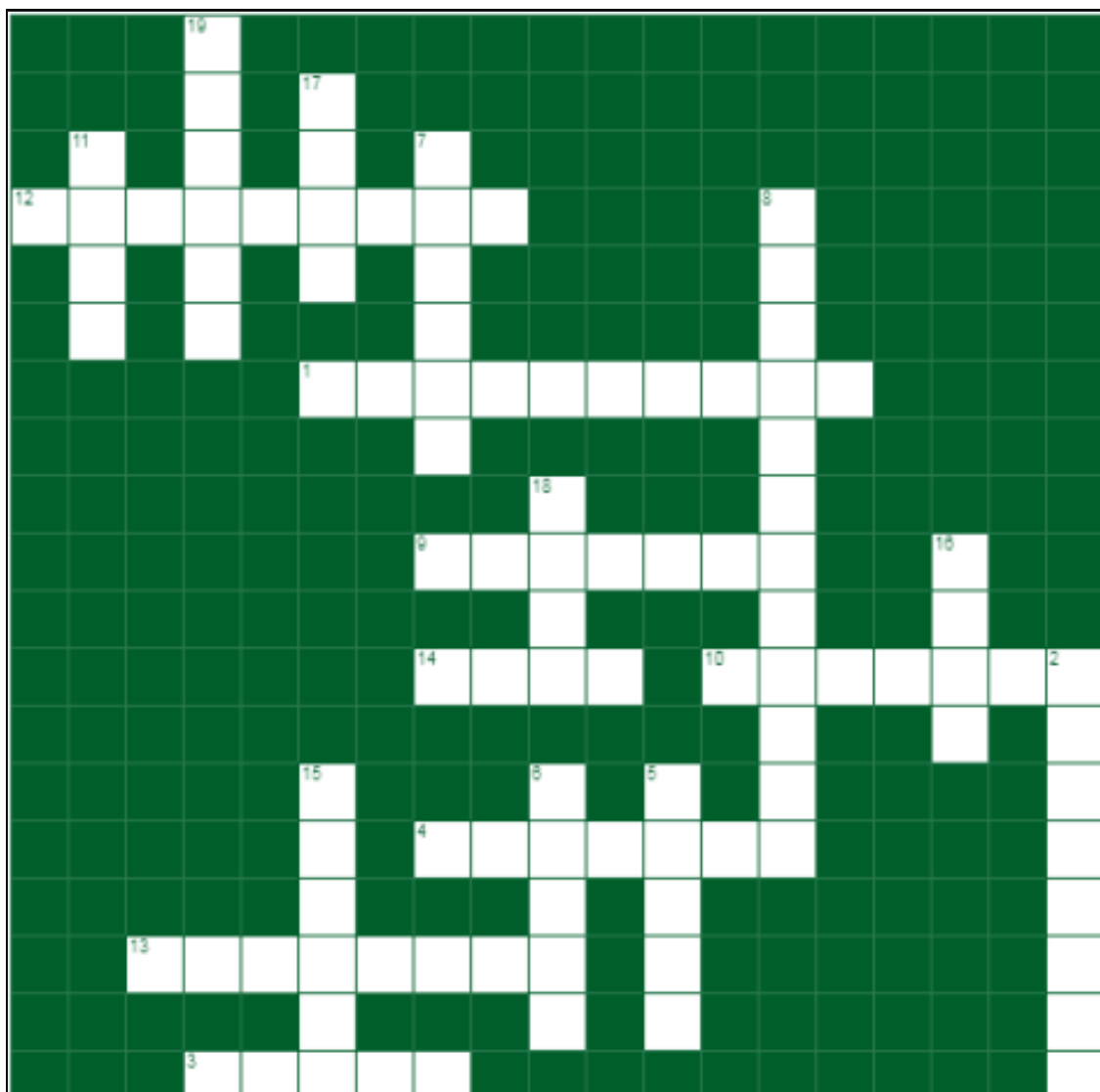




# Community Hub Advice Service



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



**Just  
For  
Fun**



### Across

- 1: What did my true love send to me (6,4)
- 3: Neil Sedaka was a fool for her in 1959 (5)
- 4: Cratchit's Employer (7)
- 9: Go get him a scarf and hat (7)
- 10: Scarlet Toboggan (3,4)
- 12: Once Santa has delivered all his presents what guides him back home (5,4)
- 13: Saint - - - - - (8)
- 14: This old fashioned time of year (4)

### Down

- 2: The festive month (8)
- 5: Halley's reindeer (5)
- 6: Jack - - - - (5)
- 7: Yuletide newborn's trough (6)
- 8: Saint Casper travelled from the East bearing this gift (12)
- 11: Where was Chris Rea heading for Christmas? (4)
- 15: This reindeer is hurried (6)
- 16: Precious metal, or - - - - (4)
- 17: Stand under a Christmas plant to get one (4)
- 18: Christmas otherwise without the 12th letter (4)
- 19: Bladed footwear found at the desk at the entrance (6)



**How many presents can Santa  
fit in an empty sack?**

***Only one, after that it's not  
empty anymore!***

# Holiday Tunes

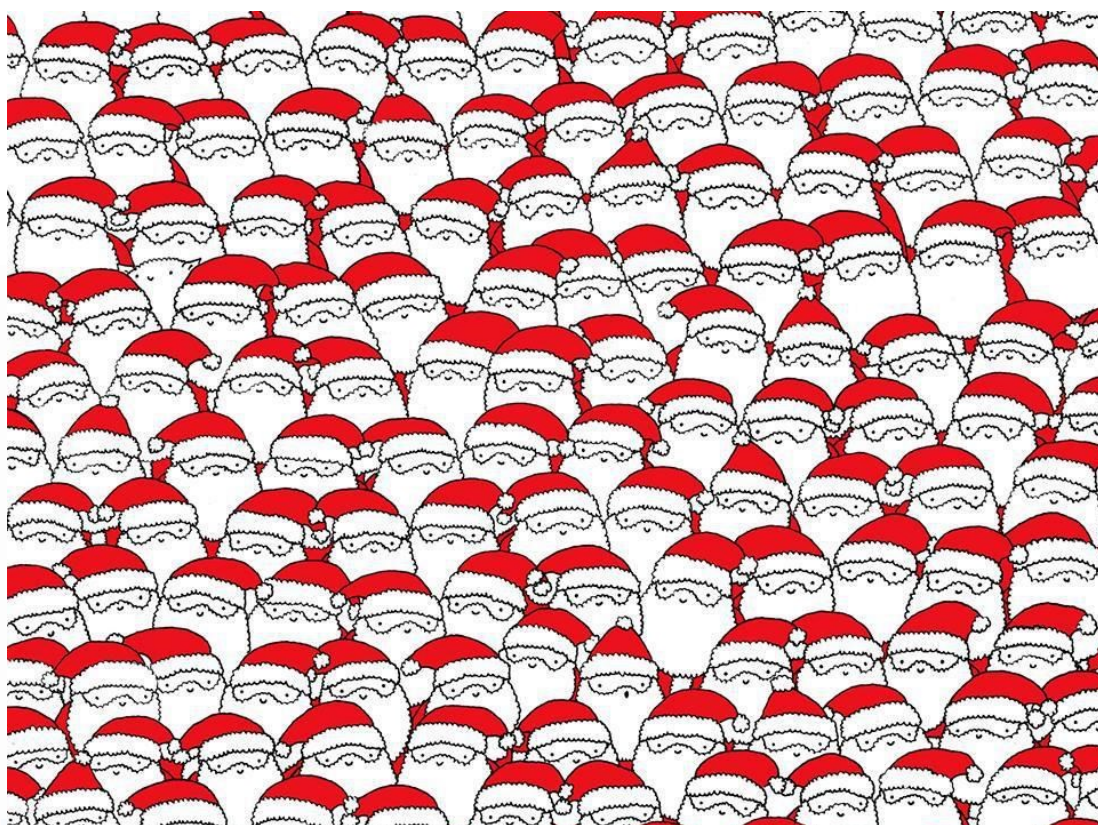
Away in a Manger  
Choir of the Bells  
Dominick the Donkey  
Frosty the Snowman  
Holly Jolly Christmas  
Jingle Bell Rock  
Jingle Bells  
Let it Snow  
Little Drummer Boy  
Little St Nick  
O Holy Night  
Rudolph  
Santa Baby  
Silent Nigh  
Silver Bells  
The Christmas Song  
The First Noel  
Winter Wonderland



S	G	R	D	A	M	A	F	C	I	F	Z	Z	X	F	K	U	H	J	X
W	A	W	A	Y	O	B	R	E	M	M	U	R	D	E	L	T	T	I	L
C	K	M	B	H	P	L	O	D	U	R	J	T	G	J	I	H	Z	N	O
Z	D	W	T	Z	E	D	S	Y	E	L	C	B	Y	R	T	G	C	G	K
G	N	O	S	S	A	M	T	S	I	R	H	C	E	H	T	I	J	L	L
Q	A	N	K	O	I	D	Y	A	L	F	D	G	I	R	L	N	B	E	D
X	L	S	O	X	Q	R	T	B	T	I	N	W	X	N	E	T	O	B	J
D	R	T	J	T	I	R	H	V	A	A	H	X	I	P	S	N	A	E	W
F	E	I	F	W	V	T	E	C	M	B	E	U	U	B	T	E	S	L	S
N	D	T	U	C	C	H	S	A	Y	A	A	I	N	S	N	L	C	L	Q
B	N	E	V	X	E	G	N	X	I	L	M	T	R	I	I	I	Y	R	W
F	O	L	N	I	A	I	O	Z	T	K	L	I	N	X	C	S	J	O	U
B	W	V	E	S	Y	N	W	K	M	G	F	O	O	A	K	T	E	C	N
G	R	O	K	A	C	Y	M	V	Z	E	U	A	J	Y	S	L	D	K	U
M	E	Q	W	Q	O	L	A	O	H	K	P	I	T	Y	K	B	N	M	Q
G	T	A	P	U	I	O	N	T	S	L	L	E	B	E	L	G	N	I	J
L	N	F	G	C	Z	H	N	S	L	L	E	B	R	E	V	L	I	S	E
I	I	Y	E	K	N	O	D	E	H	T	K	C	I	N	I	M	O	D	S
L	W	B	T	K	S	L	L	E	B	E	H	T	F	O	R	I	O	H	C
U	I	M	U	Y	F	C	J	H	B	X	B	V	R	U	M	Q	C	Y	B



Can EWE spot the sheep? Find the sheep hiding in the sea of Santas



How does Good  
King Wenceslas  
like his pizzas?

*Deep-Pan, Crisp  
and even!*







# Music in Hospitals



*Creating joy through live music*

*Professional Musicians Live!*

*Free Entry! Free Snacks & Refreshments!*

**Wednesday 20th December**

**1.00—3.00pm**



**Seating is Limited!**

Please, call **01642 805500** to book today!

Live-Well Dementia Hub

Thorntree Road

Thornaby

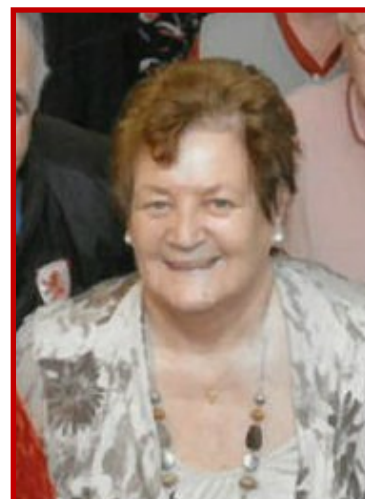
Music in Hospitals is a registered charity, no 1051659





## Volunteers!

We couldn't provide our services without our wonderful volunteers. Along with our Befrienders and our group volunteers, we receive support from local organisations such as EE, Asda and Santander. We appreciate all of our volunteers and supporters continued efforts and look forward to working with you in 2018.





# ASDA

Asda's Community Champion, Tanya Barry (pictured below), is a familiar face around the Age UK Teesside office, volunteering with groups within the Phoenix Project and regularly presenting us with donations from the Asda Foundation.

Most recently we received a CRACKER of a donation—modelled by our own office Santa, Paul Hassack (right). This cracker was full to the brim with mince pies for our annual Carol Service at All Saints Church.

To everyone at Asda, and to Tanya, we would like to thank you for your continued support and we wish you the happiest of festive seasons!





## Volunteers: Befrienders!

If you are interested in pledging time to volunteer with us in 2018, our Befriending Service offer companionship to older people in your area. Get together for a chat and make a new friend!

We have Befriending Networks in Hartlepool and Redcar, plus Befriending opportunities in Stockton. If you would like to make a difference to a lonely older person, you can download our volunteer application form from our website [www.ageukteeside.org.uk](http://www.ageukteeside.org.uk) and email it to one of our volunteer coordinators:

For Stockton, email Janet Murphy

[Janet.murphy@ageukteeside.org.uk](mailto:Janet.murphy@ageukteeside.org.uk)

For Hartlepool or Redcar, email Ross Newton

[Ross.newton@ageukteeside.org.uk](mailto:Ross.newton@ageukteeside.org.uk)

For all enquiries or more information, call

**01642 80 55 00**

Forms can also be posted to our Borough Road and York Road offices.



## 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](http://www.ageuk.org.uk/lotto)

Only £1 per entry

ageUK  
Love later life

15, 38, 11, 5





## ***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](http://www.ageukteesside.org.uk)***

***01642 80 55 00***



Merry  
Christmas

