



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.**

No One Should Have No One	3
Festive Fundraisers	4-5
Festive Lunch: Hartlepool	6
Festive Lunch: Redcar	7
Phoenix: Lunch 'N' Social Christmas Celebration	8
Phoenix: Group Timetable	9
Phoenix: Happy Birthday Betty!	10
Phoenix: 2017 –18 Schedules	10-11
BHBW: Groups	12
BHBW: I-Tees Computer Group	13
BHBW: Try-it-Tuesday Christmas Party	14-15
DWP: Christmas & New Year Opening Times	16
FIG: Community Hubs	17
Just For Fun	18-19
Music in Hospitals	20
Volunteers	21-23
Age UK's Weekly Lottery	24
Good to Know! Useful Contacts in Teesside!	25

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!

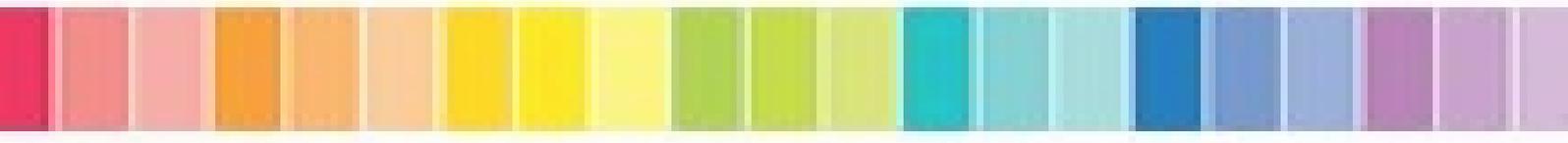
This year, Age UK Teesside launched a series of fundraising events to get you involved with our organisation and challenge yourself to take on daring risks.

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







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



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



Christmas Party

Lunch n Social

Christmas Celebration

On Tuesday 19th December

11am – 2.30pm

Fun Quiz

Musical Prize Bingo

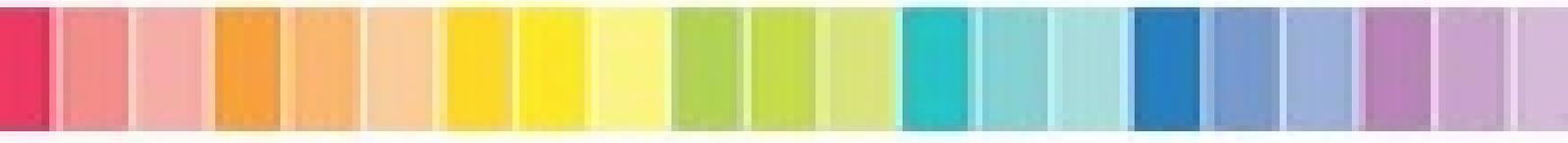
With a

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!

1st 6 sessions free for 50 +

Contact Glyn for times and venue

Tel: 07512 661895.



Happy Birthday Betty!

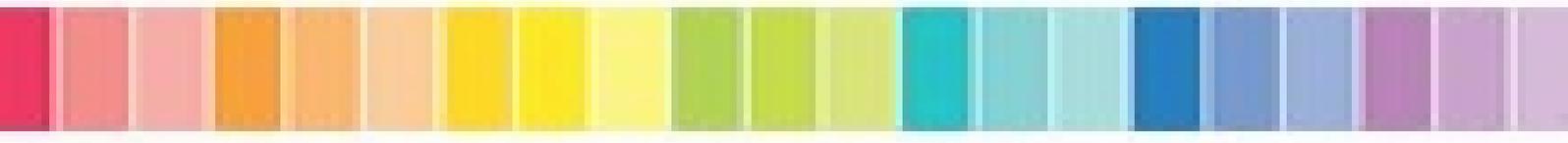


The Phoenix group celebrated the 90th birthday of one special member this month. We hope you had a very Happy Birthday Betty and we wish you many more to come!

Phoenix Christmas Timetable



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



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.

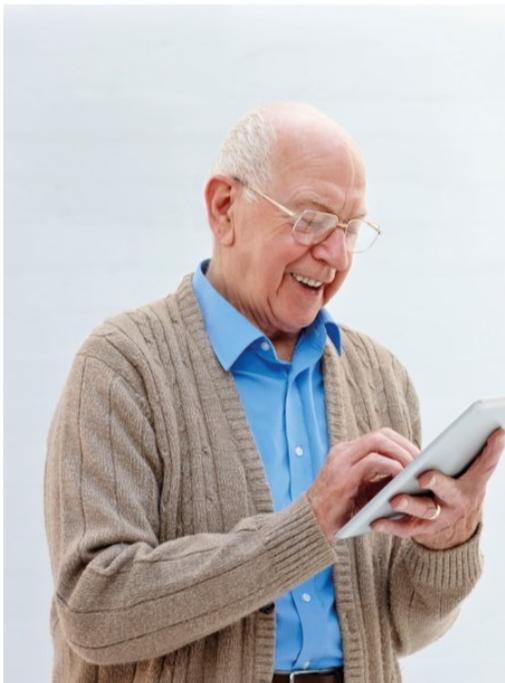
10.00am—12.00pm

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.

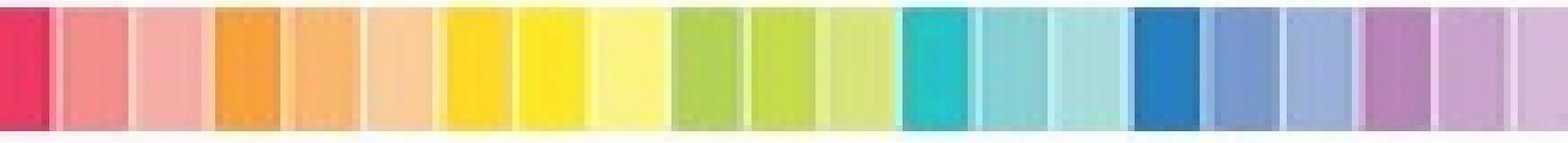
Bring your own device for individual tutoring.

**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

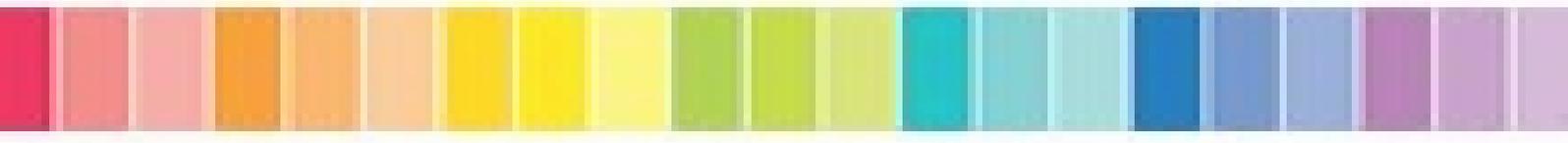


Christmas 2017 and New Year 2018 opening times



Department
for Work &
Pensions

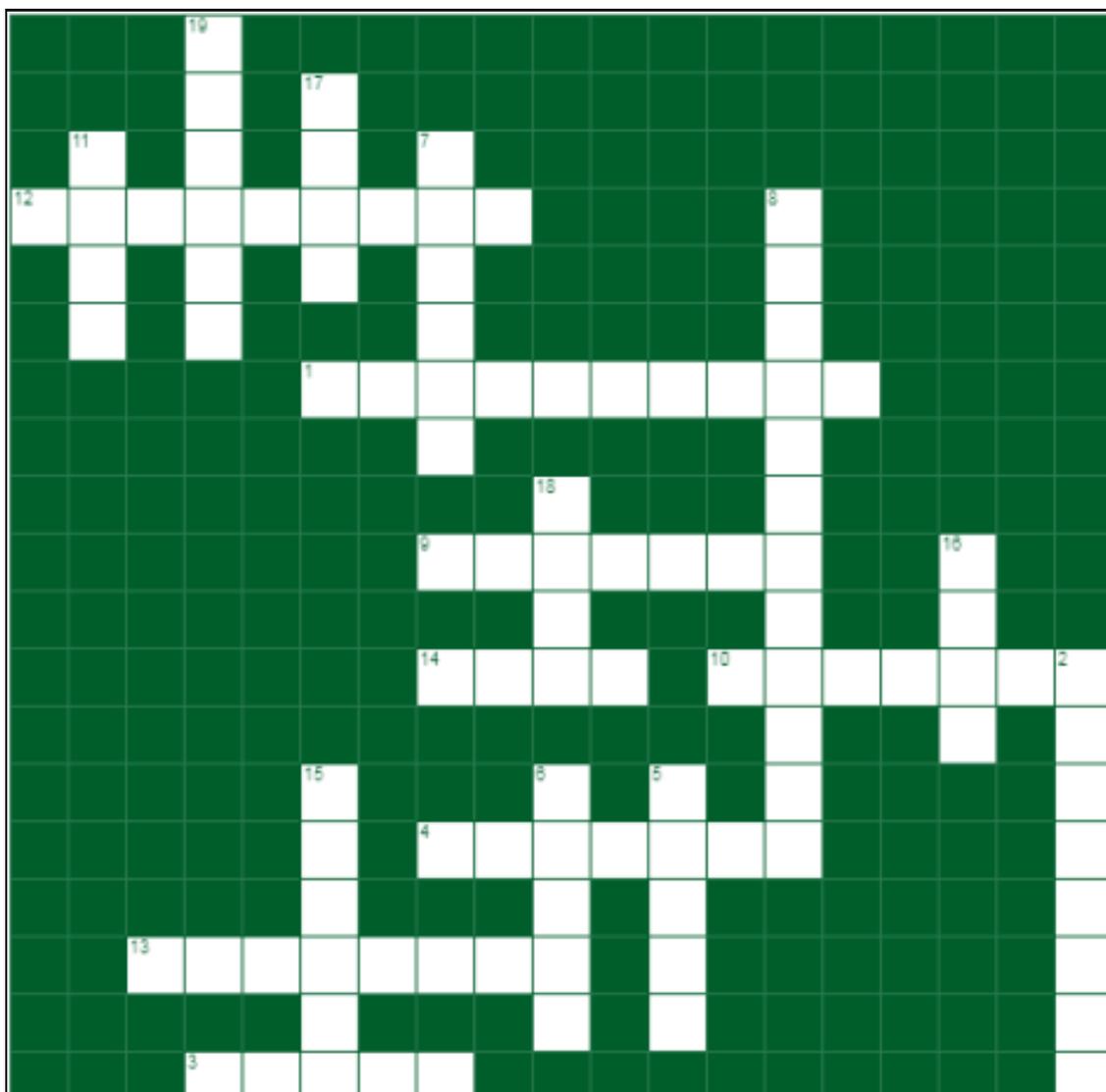
- Friday 22nd December: all our offices and phone lines are open as usual
- Monday 25 December: all our offices and phone lines are closed
- Tuesday 26 December: all our offices and phone lines are closed
- Wednesday 27 December: offices in England and Wales are closed. Phone lines will be open to handle 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



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



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



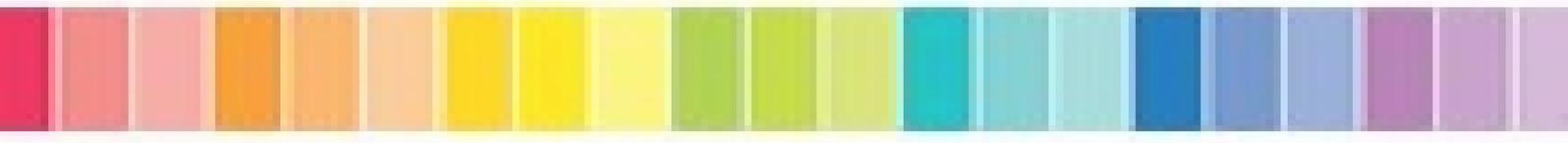
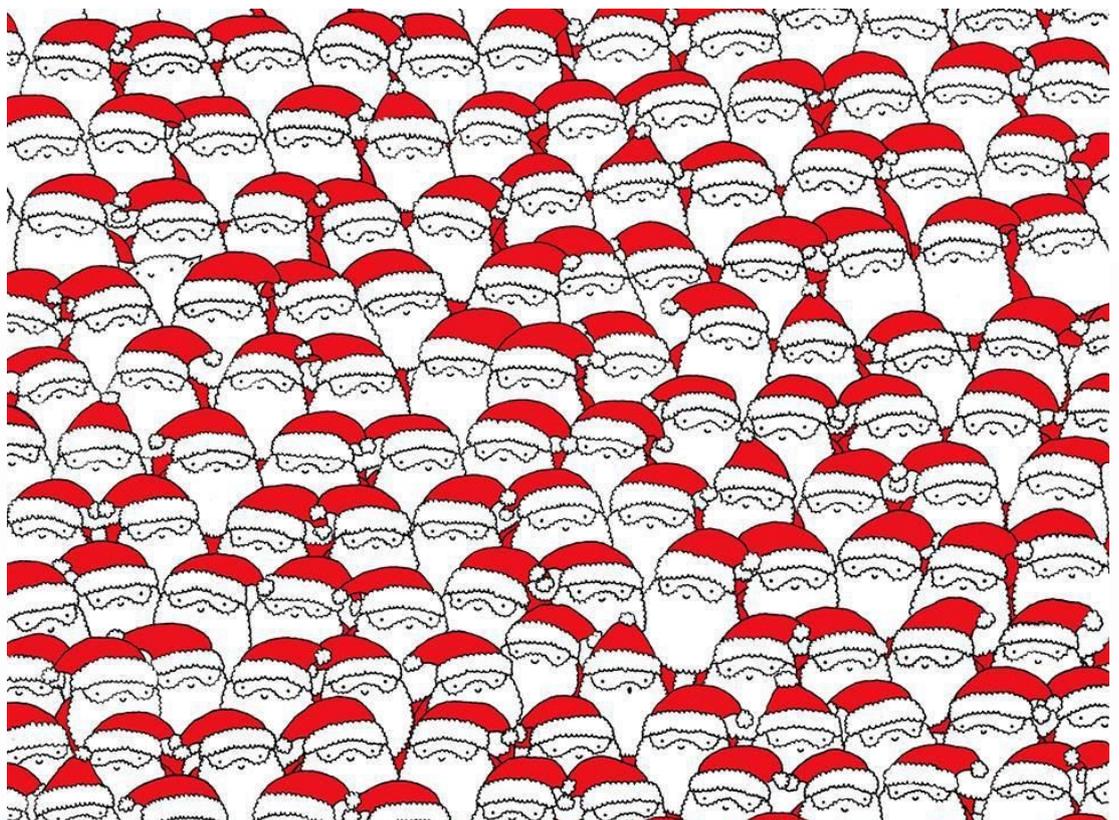
S	G	R	D	A	M	A	F	C	I	F	Z	Z	X	F	K	U	H	J	X
W	A	W	A	Y	O	B	R	E	M	M	U	R	D	E	L	T	T	I	L
C	K	M	B	H	P	L	O	D	U	R	J	T	G	J	I	H	Z	N	O
Z	D	W	T	Z	E	D	S	Y	E	L	C	B	Y	R	T	G	C	G	K
G	N	O	S	S	A	M	T	S	I	R	H	C	E	H	T	I	J	L	L
Q	A	N	K	O	I	D	Y	A	L	F	D	G	I	R	L	N	B	E	D
X	L	S	O	X	Q	R	T	B	T	I	N	W	X	N	E	T	O	B	J
D	R	T	J	T	I	R	H	V	A	A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



How does Good King Wenceslas like his pizzas?
Deep-Pan, Crisp and even!



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





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

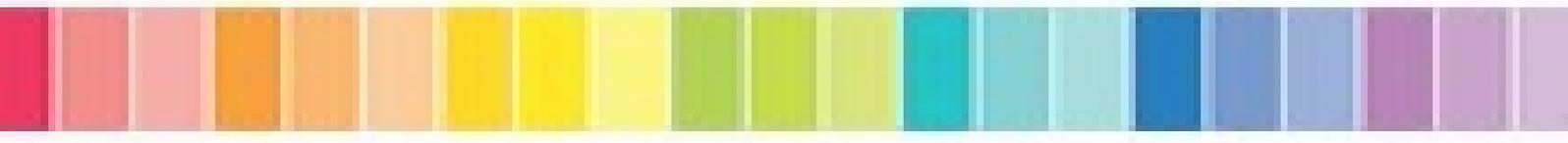
Thorntree Road

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 and email it to one of our volunteer coordinators:

For Stockton, email Janet Murphy

Janet.murphy@ageukteeside.org.uk

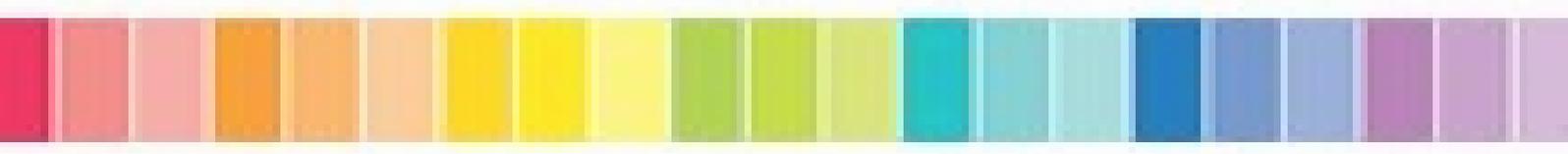
For Hartlepool or Redcar, email Ross Newton

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**



ageUK
Love later life

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

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

01642 80 55 00



Merry
Christmas

