

NEWSLETTER

February—March 2020



Calling All Dogs!

Bark in the Park is back and we need you to help us make this our biggest event yet.

Sunday 26th July 2020

11.00—16.00

Entry is £5 per dog for our 3-mile walk around Preston Park Museum and grounds; we ask that participants raise sponsorship to help reduce Loneliness and Isolation in Teesside.

Our Fun Companion Dog Show returns for the second time after last year's success. Entry to each category is £1.50 per dog and we expect the show to begin between 12.30 and 1.00pm (after the walk has finished).

You can enter the Dog Show without taking part in the walk.

Turn the page to take a look at some of last year's participants.

CALLING ALL DOGS

Bark in the Park

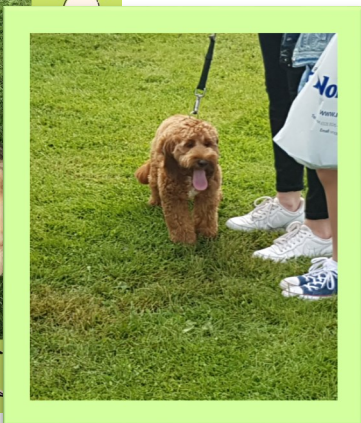
3 mile sponsored Dog Walk and Dog Show
Sunday 26th July 2020, 11am
Preston Park, Stockton

Entry to the walk costs £5 per dog, we ask that participants raise sponsorship to reduce Loneliness and Isolation in Teesside.

Every registered dog will receive a complimentary Doggy Bag.

Entry to the Dog Show costs £1.50 per dog per category payable on the day.

To sign up visit www.ageuk.org.uk/teesside
or call 01642 805500



FLAT CAPS AND MURDER

Murder Mystery

The boss of the Pesky Bleeders has got problems - there's a mole in the camp and now there's a dead body in the cellar. The only way out of this is to work out whodunit but be careful. He's ready to point the finger of blame at anyone, even you!

£15 pp

Sign up online:

www.ageuk.org.uk/teesside

or call 01642 805500

Registered charity no: 702714

Thursday 16th July
The Synthonia Suites
Billingham
Includes Pie and
Peas.



AGE UK TEESSIDE

LASTING POWER OF ATTORNEY

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 & 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 & 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**

Warm Homes 2020

Age UK Teesside has successfully completed The Warm Home Energy Check Project. Visiting 120 homes since August 2019.



The project was sponsored by EON and Age UK National offering free energy advice and equipment to ages 65 plus across Teesside. The aim was to ensure they were aware of energy saving actions to reduce their energy bills and keep their homes warm.

Prior to a Home Energy visit all customers received a telephone assessment to identify and offer advice about saving energy and keeping warm within the home. They were given advice and informed of measures they could put in place to keep warm in the colder months. Any concerns raised were addressed when the handyman attended the home visit.

Our handyman completed home visits, where he installed equipment to ensure they were prepared for the colder months. The handyman supplied/install draught excluders, energy saving light bulbs, timer switches, foam insulation tape, door brushes, radiator foils and night lights where needed.

The service offered more than just energy advice and a home visit. It also enabled Age UK Teesside to identify clients that were isolated, encountering heating issues, in need of benefit advice or just looking to join a group.

Throughout the delivery of the project we signposted 37 customers onto other agencies such as: Adult Social Services, Fire Brigade, Middlesbrough Staying Put, Thrift Energy ECO3, Benefit Agency and the Home Improvement Agency for additional support. Additionally we issued winter warm packs, took along wheelchairs and walking aids and at Christmas we issued hampers that had been donated to Age UK Teesside.

We received many calls after the home visits saying how very pleased they were with the service. Grading the service as excellent on feedback forms with very complimentary quotes from customers.

“Thank you for your kindness. Your help has been so appreciated.”

“Highly satisfied with the service”

“Very Helpful and polite, explained everything”

“Visit was excellent, informative and helpful”

“Very good at explaining plainly for me to understand”

“Service received was excellent, encouraging and clear”

Getting 'Time Out' in Redcar & Cleveland

The Time Out Project aims to give carers a break by befriending the cared for. At Age UK Teesside, getting the correct match to a volunteer is essential. It is important to all of us that both our clients and our volunteers get something positive from befriending. It is therefore essential that we know both our volunteers and clients well.

In January we matched John to Phil. Phil is 85 and has a lot of health issues and has formal carers visiting most days. His wife, Marion, was referred to our services through their Social Worker. She explained that Marion would like to have the opportunity to meet friends at a coffee morning however does not get to go at present because of her caring responsibilities.



When we visited Marion and Phil, they explained how Phil had grown up on a farm in Seamer. Phil talks about his younger days on the farm with great passion and was very proud that he drove a "Grey Ferguson" tractor. Unfortunately, these days were not always happy and when he was 17, his father died of a heart attack leaving Phil and his mum struggling financially. He explained that at the time he had not only lost his father but his best friend.

Phil and his mum struggled on and even lived in the chicken shed for 2 years because of their situation. He later became a lorry driver and this is how he met Marion who was working at a bakery, making fondants which were supplied to Marks and Spencer. Next year will be their diamond wedding anniversary.

When we explained the service to Phil, he explained that he was looking for someone who could visit and chat. His only criteria was that they had to "be kind".



We later matched Phil with one of our volunteers, John. Like Phil, John is a retired lorry driver. At the initial meeting they chatted about the lorries they had driven: some had no seats but only a box to sit on!

John now visits Phil weekly and has even brought a book on tractors and lorries. Phil was able to look at the tractor he had driven as a very young man and was able to recall stories from his lorry driving days. When John visits, Marion goes to her coffee morning and "laughs and laughs" with her friends.

DO YOU THINK YOU COULD HELP A CARER LIKE MARION?

Carers often get little time to themselves. By volunteering to befriend a cared for person, you allow that carer to get some precious time to themselves. We will always try and match you to someone who you will find interesting so everyone involved gets something out of your visits, including you!

If you are interested, or would like to know more about the service, get in touch with the Time Out Coordinator, Marie Kerr on 07834 181190 or email marie.kerr@ageukteesside.org.uk

THE FIRST VOLUNTEER GET TOGETHER OF 2020

Our volunteers visit some of the most vulnerable older people in Teesside so our guest speakers are chosen so that they can provide information to equip our volunteers with information that they can cascade to our clients.

This meeting started with a presentation from Katrina Nelson Berry, Senior Trading Standards Officer from Redcar and Cleveland Council.

She advised those present of the structure of the Trading Standards department and went through some of the duties they have including advice and support, scams, product safety and weights and measures. She explained how Redcar has now joined the National Scams Scheme and are keen to promote the Stop Cold Calling Packs. The packs contain window stickers which can be displayed at home to deter cold callers. So far, 489 packs have been given out and 719 stickers are being displayed in people's homes. Katrina brought several of the packs so we could distribute them to our clients.

Another way we can help Trading Standards is to encourage the reporting of scams whether this be on the telephone, email or letter. Whether it be false lotteries or clairvoyants, not enough people are coming forward to report scams as there are only 122 repeat targeted victims recorded in Redcar out of a population of 135,000.

Katrina also told us about how the average age of a scam victim is 75, with a large proportion of them living alone and without family. This is also the population we serve through befriending in Redcar! Over £5-10 million is lost through scams each year and can lead to stress, depression and isolation in victims which is something, we at Age UK Teesside strive to reduce.

Katrina asked all present to encourage clients to report any incidents so they can build a local profile. Many of the scams focus on health improvements with offers of an entry into their prize draw with every purchase. Some of these companies pass on your confidential information to scammers and so customers end up on the "suckers list".



GWEN aged 83 (a local example from Trading Standards)

Trading Standards were initially contacted after Gwen used 7 cheque books in a month. Scammers had been targeting Gwen for over 5 years and in that time she had paid £18,000 to them. This consisted of hundreds of cheques for £20 each.

When Trading Standards visited Gwen there was no immediate signs that she had been targeted and Gwen was very closed about the matter. After several visits building up a rapport with Gwen, she eventually showed the officer to her bedroom which contains many, many carrier bags of mail- all from companies outside the UK.

They got Royal Mail to redirect the post however they soon learned that this was too much too soon for Gwen as the mail (sometimes 20-30 letters a day) was her connection with the outside world and her health started to deteriorate. They then made an arrangement with her niece and/or neighbour, who would give her a few letters per day.

Gwen remained independent in her own home for a further 3 years but sadly passed away in 2019.

Think Jessica is a website which has lots of information on scams and how to avoid them www.thinkjessica.com

We also discussed call blockers. Although the Telephone Preference Agency does exist, it does not prevent calls from outside the UK so has limited use in reducing nuisance calls. Trading Standards and Victim Care have these to offer to people who are most vulnerable. The youngest person to receive one in Redcar was 55 and the oldest was 89. So far these call blockers have blocked 699 calls on devices in the Redcar area.

For information on how to tackle scams in your area, get in touch with your local Trading Standards.

If you would like to know more about the impact scam mail has on victims, watch this video-

https://www.youtube.com/watch?time_continue=107&v=ZwXMsG2xkcM&feature=emb_logo

Rekindle: Digital Dogs

Our new digital inclusion project “Rekindle” is proving so popular that even dogs want to sign up!

Jeff, a former lecturer in Chemical Engineering has found that the technology he used to be up to speed with has left him behind. He’s about to receive some support at home from Digital Inclusion Advisor Steve Thompson. His wife Pearl is already attending group sessions at Hemlington Community Hub which are helping her to get to grips with using a tablet.

Several of the Hemlington group also plan to purchase smartphones with help and advice from Steve, who will teach them how to use them.

Steve is out of shot behind a cheese sarnie and a cuppa tea so Pearl has kindly stepped in to sign Jeff up to the project. Just then, their dog Pingu steps in and declares “hey, what about me”. Ok, so you’re a resident of Middlesbrough: tick! But you’re not over 60. Nice try Pingu.

Every picture tells a story and this one is no exception



Email for Beginners



Grove Hill Community Hub

**March 25th 10.00 am to 12.30pm
or 1.30pm to 4pm**

If you're over 60 & living in Middlesbrough this free practical workshop will help get you started even if you don't have an e-mail address yet. Spaces are limited so call the number below to find out more and book a place

01642 805 500

Re-kindle is a digital inclusion project aimed at helping people over the age of 60 in Middlesbrough gain the confidence and skills to use digital platforms to enhance their lives



phoenix walks

Stewart Park,
The Grove,
Marton-in-Cleveland,
Middlesbrough
TS7 8AR
Monday ~ 2.00pm

Get Active with Phoenix

Phoenix Walks meets every Monday
in Stewart Park, from 2.00pm

Several of our staff are trained to
deliver Chair-Based Exercise, such
as Helen Maycroft (below) pictured
leading a session at the

Phoenix
Lunch and
Social group.



Morning Social

'Morning Social'

Coffee morning (Or Tea)

Make new friends

Enjoy a fun quiz

Try Dominoes, scrabble or

Just come along for a chat!

Mondays

10 am - 12 Noon
Hemlington
Community Hub
& Library

For more info call Tina on
01642 433723
or 07834 181188



HEMLINGTON MORNING SOCIAL GROUP

Phoenix

Timetable

Monday

Carpet bowls

10.30am – 2.00pm

£1.00 per session

Grove Hill Community Hub

Tuesday

Lunch & social

11.00 am – 2.00pm

£4.00 per session (catering)

North Ormesby Community Hub

Thursday

Morning Social (crafts)

10am – 12noon

60p (refreshments)

Grove Hill Community Hub

Friday—Fortnightly

Friendship Friday

11.15am – 2.30pm

£2.00 admission (refreshments)

£4.60 (Fish n Chip lunch)

St Cuthbert's Church Hall

Saturday & Monday Evening

Zumba Gold

For times, venues and cost,
contact Glyn:

07512 661895

FRIENDSHIP FRIDAY'S ANNUAL



EASTER BONNET

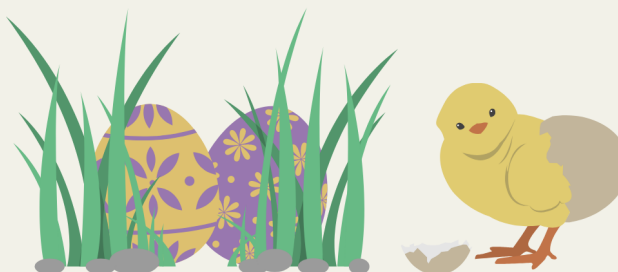


COMPETITION & RAFFLE

FRIDAY 17TH APRIL
11.00AM – 2.30PM

Enter our Easter Bonnet Competition
Meet old friends and make new ones
Enjoy prize Bingo and a fun quiz
(bring along a raffle prize)
£2 Admission (includes refreshments)

CONTACT TINA TO BOOK YOUR PLACE 01642 433723



St Cuthberts Church Hall
Stokesley Rd
Marion
Middlesbrough
TS7 8JU

For more information, or to book to attend one of the
groups, please contact Tina on:

01642 433723

07834 181188

01642 805500

tina.bonner@ageukteesside.org.uk

Combating loneliness through group activities

The importance of social interaction is at the centre of a new campaign aimed at combating loneliness and isolation.

The Phoenix Project aims to use social activity to raise awareness of health issues and improve emotional wellbeing and social inclusion.

Funded by Middlesbrough Council for the town's over fifties, Phoenix sessions provide a stimulating and entertaining social environment helping those attending to maintain existing friendships and make new ones.

Activities encourage interaction and chat though it's entirely up to individuals how much they get involved. Sessions include coffees or lunches, carpet bowls (including beginner classes), craft groups, walking group, chair-based and dance exercise plus familiar board games, cards, dominoes, bingo and quizzes.

Loneliness and isolation is an experience that most of us will encounter at some point in our lives, either momentarily or as a more prolonged experience.

It can have a significant impact on mental health contributing to anxiety and depression, affecting general wellbeing and resulting in a loss of confidence and self-esteem. Sufferers experience more stress and are more likely to have sleep problems than people who have strong social support.

Phoenix Project Officer Tina Bonner (pictured) helps run regular sessions at North Ormesby Community Hub. She said: "We look at everyone as an individual and consider what might work best for them. Social activities bring people together enabling

them to develop new friendships and as they regain their confidence anxieties can be lifted."

Phoenix works in partnership with and takes referrals from health and social care professionals, as well as self-referrals.

The project provides and supports community liaison support workers with group activities to assist those who require personal accompanied support. This support is gradually withdrawn as confidence grows and friendships are formed.

For information about the Phoenix Project and other advice visit ageuk.org.uk/teesside

Help at hand for the lonely and housebound

Middlesbrough Befriending Service offers one to one social interaction for those who may be housebound or not confident enough to attend community activities.

The team of volunteers co-ordinated by Teesside Age UK aims to tackle social isolation and help ensure that older people can stay in their own homes, living independently for as long as possible.

It can be difficult identifying those who need assistance or for those people to come forward and ask for help.

Once the link is made, project staff

work to build trust and match each person to a trained volunteer.

By raising awareness of loneliness and recognising the signs and tackling the stigma surrounding it we can all help to make a difference.

The general public can help combat loneliness and isolation by simple human interactions such as saying hello to an older person and including them in community events.



To contact the Befriending Team to arrange a weekly visit or for any other issues you feel they can assist with, please call 01642 805500.



Professional musicians will be performing on

Wednesday 18th March
1:30pm

At the LiveWell Dementia Hub

Robert Whitehead
&

Tom McConville
Accordion/vocals/fiddle

This concert has been made possible thanks to the generosity of
The National Lottery Community Fund

Call today to book your place, on 01642 80 55 00



This concert has been provided by the charity
Music in Hospitals & Care. To find out more or
to donate online, please visit: mihc.org.uk

Registered Charity England & Wales: 1051659 Scotland SC038864



facebook.com/MiHCUK



twitter.com/MIHCUK



youtube.com/musicinhospitals

Professional musicians will be performing at

The LiveWell Dementia Hub	Thornaby	TS17 8AP	17/03/2021	13:30
Yarm Fellowship Hall	Yarm	TS15 9BT	15/02/2021	13:00
The LiveWell Dementia Hub	Thornaby	TS17 8AP	13/01/2021	13:30
Yarm Fellowship Hall	Yarm	TS15 9BT	14/12/2020	13:00
The LiveWell Dementia Hub	Thornaby	TS17 8AP	18/11/2020	13:30
Yarm Fellowship Hall	Yarm	TS15 9BT	12/10/2020	13:00
The LiveWell Dementia Hub	Thornaby	TS17 8AP	16/09/2020	13:30
Yarm Fellowship Hall	Yarm	TS15 9BT	17/08/2020	13:00
The LiveWell Dementia Hub	Thornaby	TS17 8AP	15/07/2020	13:30
Yarm Fellowship Hall	Yarm	TS15 9BT	15/06/2020	13:00
The LiveWell Dementia Hub	Thornaby	TS17 8AP	13/05/2020	13:30
Yarm Fellowship Hall	Yarm	TS15 9BT	06/04/2020	13:00
The LiveWell Dementia Hub	Thornaby	TS17 8AP	18/03/2020	13:30
Yarm Fellowship Hall	Yarm	TS15 9BT	17/02/2020	13:00

Call today to book your place, on 01642 80 55 00



This concert has been provided by the charity Music in Hospitals & Care. To find out more or to donate online, please visit: mihc.org.uk

Registered Charity England & Wales: 1051659 Scotland SC038864



facebook.com/MiHCUK



twitter.com/MIHCUK



youtube.com/musicinhospitals

Hoarding Intervention Service



Compulsive hoarding is highly complex; we take a collaborative and integrated approach to help you.

Compulsive hoarding (more accurately described as "hoarding disorder") is a pattern of behaviour that is characterised by the excessive acquisition of and inability or unwillingness to discard large quantities of objects that cover the living areas of the home and cause significant distress or impairment.

Our Approach

We provide practical hands on support and expert advice to those affected by the varying levels of Hoarding Disorder. Our support is delivered to both the individuals and their families helping them to recognise the problem, declutter the home and to reconnect with family, friends and the wider local community. All clients complete an individual support plan, allowing us to take a person-centred approach that focuses on sustainability and improving quality of life.

Our Hoarding Intervention Service can support you with:-

- **Decluttering Your Home**
- **Home Organisation Skills**
- **Peer Support**
- **Wider Holistic Support**



For more information or
to make a referral, call today

01642 80 55 00



Billingham Buddies—Fire Brigade visit



Yarm Zumba group

Better Health Better Wealth

Gill and Helen deliver the Better Health, Better Wealth Outreach Project across Stockton-on Tees for those 65 years and older.

We can:

- ◇ **Provide welfare and benefit checks**
- ◇ **Support you to access health and wellbeing services**
- ◇ **Provide befriending services**
- ◇ **Provide Social Care and Occupational Therapy referrals for homecare, aids and adaptations**
- ◇ **Refer to other agencies that can provide services to your needs**

We also facilitate social activity groups in various venues in Stockton on Tees including Yarm, Thornaby, Billingham and Stockton. During social gatherings we have a fun range of activities such as chair-based exercise, tennis, Zumba, live music, quizzes and other games/activities.

We have just started a veterans social group that is facilitated once a month.

Join Us!

You will always be greeted with a warm welcome and a cup of tea or coffee.

Come along and enjoy the fun activities on offer and make friends with those with similar life experiences.

For more information, please contact Gill or Helen on

01642 805 500



Yarm—Dominoes game

AGE UK TEESSIDE
WANTS YOU!



VETERANS SOCIAL GROUP

For over 50's

50p per session

Tea, coffee, social, quizzes, games and more

First Tuesday of every month:

3rd March

7th April

5th May

2nd June

7th July

4th August

1st September

6th October

3rd November

1st December

1:30 - 3:00pm

The Co-Op Funeral Care Building

Millfield House

99-109 Norton Road

Stockton on Tees

TS18 2BG

Long stay parking accessibility nearby at £150 per stay

TO EXPRESS YOUR INTEREST IN
ATTENDING OR FOR MORE
INFORMATION, PLEASE CONTACT
NICK ON 07910632119 OR GILL
OR HELEN ON 01642 805500



Dementia Walking Group

STROLLERS & STRAGGLERS

Dementia Walking Group

FOR PEOPLE WITH DEMENTIA & THEIR CARERS. THE SESSION WILL INCLUDE A LOCAL WALK AND REFRESHMENTS IN A SOCIAL SETTING. THE SESSIONS ARE OPEN TO ANYONE IN THE TEESSIDE AREA TO ATTEND.

FOR MORE INFORMATION PLEASE CONTACT LOUISE WHEATLEY OR GILL MARTIN ON:

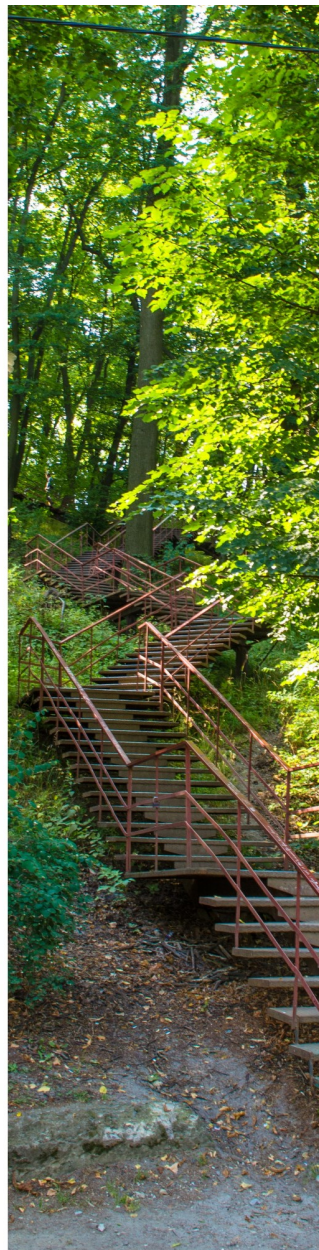
01642 80 55 00

Walking routes will rotate on a 4-weekly basis, including:

TEES BARRAGE
ROPNER PARK
PRESTON PARK
THORNABY



10:00am - 12:00noon
Monday



Walking group schedule for March - May 2020

March 2020

2nd Stewart Park

9th Stockton Hilton (new)

16th Teesside Barrage

23rd Fairy Dell (New)

30th Stewart Park

April 2020

6th Teesside Barrage

13th Easter Bank Holiday

20th Fairy Dell (New)

27th Stewart Park

May 2020

4th Preston Park

11th Teesside barrage

18th Stewart Park

25th Bank Holiday

If the weather is bad, please ring to confirm the walk is going ahead; please contact Louise 07737213018 or Age UK Teesside on 01642805500 if you can't make it or would like to join

Group Schedule

Monday Meetup - Yarm Fellowship Hall, West Street

Every Monday 1.30-3.00pm

Social group including chair-based exercise and games. Will include tea, coffee, cake/biscuits at £1 per person.

Try it Tuesday - Thornaby Pavilion

Every Tuesday 12.30 - 2.30pm

Social group with the option to try your hand at New Age Curling!

Chair Based Exercise - St Andrews Methodist Church, Stockton

Every Tuesday 11.30 - 12.45pm

A chance to socialise and engage in some chair based exercise. 60p for refreshments.

Mid-Week Social Group - Live well Dementia Hub, Thorntree Road, Thornaby

Wednesday 10.30am - 12.00 noon

Social activities for older people providing stimulation and social engagement. Sessions are 50p per person.

Billingham Buddies - Billingham Masonic Hall, Mill Lane

Thursday 1.00pm - 2.30pm

Social group with refreshments. Sessions are £1 per person.

Friday Friends - Live Well Hub, Thorntree Road, Thornaby

Every Friday 1.00pm - 3.00pm

A social group for those living with dementia. Sessions are 50p per person; carers meet at the same time in the room next door.

Zumba Gold Class - South Thornaby Community Centre, Havilland Road, Thornaby.

Monday 2.00pm - 3.00pm

The dance party workout for the young at heart. £3.00 per session.

Thanks to the support of Stockton Borough Council Better Care Fund, 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.

For more information on Better Health Better Wealth

Contact the Better Health Better Wealth team on:

01642 433728



Stockton-on-Tees
BOROUGH COUNCIL



Chair-Based Exercise

St Andrew's Methodist
Church, Stockton
Tuesdays 11:30 - 12:45



Middlesbrough Befriending



As the government launch a new £2m fund to tackle loneliness, aimed at grassroots organisations to bring people together to build social connections, Age UK Teesside can stand proudly and say that they are tackling loneliness in our local community and offering a range of service to help build community networks.

Alongside the Phoenix Project in Middlesbrough, the Better Health Better Wealth scheme in Stockton and the Befriending Service and Silver Surfers in Redcar and Cleveland and Home Welfare Benefit Visits in Hartlepool, Age UK Teesside works with some of the loneliest people in the Teesside area. Middlesbrough Befriending Service offers one to one social interaction for those who may be housebound or not confident enough to attend community activities and is delivered by a fantastic range of volunteers from across the borough. The organisations commitment to tackling social isolation is by ensuring that older people stay in their own homes, living independently for as long as possible.

Within the Middlesbrough Befriending Service, volunteers are currently providing well over 100 hours of 1:1 social interaction with lonely and socially isolated older people per month. The number of people requiring befriending services is steadily increasing and we predict a continual rise in numbers over the coming months. Asking for help, or indeed identifying individuals who need assistance is not easy and it can take some considerable time for people to engage with our service. Project staff need to build trust and work with individuals who may have never engaged in services before being matched to a trained volunteer.

The government's pledge to help these individuals goes some way in helping the most in need but simple human initiatives, such as saying hello to an older person can really make a difference. By raising awareness of loneliness, recognising the signs and tackling the stigma surrounding it we can all continue to make a difference. Here are some tips for those who may be feeling lonely as well as some information on identifying loneliness; **Ten top tips for if you're feeling lonely:**

- 1) Remember you are not alone – lots of people of all ages and backgrounds feel lonely. Millions of people in the UK say they are often or always lonely.
- 2) Think about what is making you feel lonely - Anyone can experience loneliness at some point in their life, but the reasons why will vary from person to person. Taking time to think about what's causing you to feel lonely may help with finding what could help you feel differently.
- 3) Be proactive. Look at what resources are out there - If you're going to the doctors or your local library have a look for leaflets about any local events, exercise classes, book clubs, coffee mornings, playgroups etc. that may help you connect with your community. Alternatively you can also refer yourself to [LetsTalkLoneliness.co.uk](https://www.lets-talk-loneliness.co.uk)
- 4) Take up a new hobby that can be done in pairs or groups like learning a language? If you don't like it you can always change your mind and do something else.

5) Don't be afraid to ask for help - Try opening up to someone who you feel comfortable talking to, whether that's a member of your family, a friend, your carer or even GP.

6) Accept help when it's presented to you – It might be a friend or a neighbour just offering for you to go round for a brew. Don't think that you're a nuisance or they're not offering because they want to see you. Try not to worry about how you're being perceived.

7) Access free services - There is lots of support out there which could help you address some of the causes of your loneliness. See below for more information on organisations that can help – same as above



8) Volunteer - Volunteering can be a great way to meet new people and make new connections. You could help out at a local charity shop, or use your skills to support others.

9) Surround yourself with activity. If you're feeling alone, why not pop out to a coffee shop or somewhere where there's some activity going on. You may meet someone else in a similar situation to you and it might spark a conversation. Try to smile at people; having someone smile back could change your day.

10) Join groups online. If you can't leave the house try joining an online community who share similar interests to you. You can also try inviting people into your home if you find it difficult to go out.

Top tips for identifying loneliness

1. Loneliness is a subjective feeling experienced by people of all ages and all backgrounds. Identifying people who are lonely or at risk of loneliness therefore might seem tricky. Here are some simple tips that could help:
2. Remember that loneliness is often triggered by key life transitions, such as loss of mobility, taking on caring duties, bereavement, developing a health condition, leaving school, separation, retirement, becoming a parent, unemployment, moving to a new area and so on.
3. Loneliness can also be triggered by money problems, stress, being bullied or treated with less respect.
4. Ask whether people feel they can talk to others, whether they are satisfied with their relationships, how often they leave the house, how often they feel left out, as though they lack companionship and whether they feel isolated from others.
5. Don't ever assume someone isn't lonely. Just because they have an active social life doesn't mean they're not experiencing loneliness. Anyone can be lonely but everyone can help. Ask questions; they might not show the obvious signs.

If you or someone you know would like to receive a weekly visit from a befriender, would like to refer an individual or have any issues you feel we can assist you with, please feel free to contact the office On 01642 805500 and talk to a member of the Befriending Team.



' Morning Social'

Coffee morning (Or Tea)

Make new friends

Enjoy a fun quiz

Try Dominoes, scrabble or

Just come along for a chat!



Mondays

10 am - 12 Noon

Hemlington

Community Hub

& Library

For more info call Tina on

01642 433723

or 07834 181188





Tea and Chat



Pop along to our NEW 'Befriending Café', for a cuppa, a chat and to make new friends.

TUESDAYS (fortnightly) starting TUESDAY 14th APRIL 2020


10am-12 noon

Morrisons Café

Ormesby Road

TS3 7RP.

REFRESHMENTS PROVIDED/NO COST



Are you aged 18+ and live in Redcar and 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

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 or Paula.Taylor@ageukteesside.org.uk

Sell using eBay for Charity and support local people in your area



Age UK Teesside
Dorothy Rose Suites
The TAD Centre
Middlesbrough
TS3 7SF



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