

February 2018 Newsletter



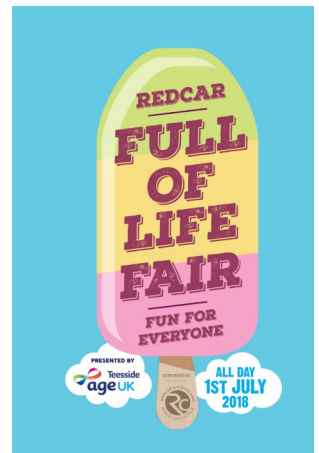
The year is in full swing and February has seen the launch of our Full of Life Fair online campaign! Don't miss our summer festival—with fun for all ages.

Follow the Full of Life Fair for more updates:

Facebook @FullOfLifeFair

Twitter @FullOfLifeFair

Instagram @FullOfLifeFair



With plans for a Ghost Hunt, a Dog Walk and new dates for further Bungee Jumps and Skydiving, there's something for everyone. Phoenix have their Annual Easter Bonnet competition coming up and our new Cultures group is enjoying outdoor adventures.

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GHOST HUNT

Teesside
ageUK
Love later life

FEATURING IAN LAWMAN

**28th APRIL 2018
PRESTON HALL MUSEUM,
STOCKTON-ON-TEES
FROM 7pm**

Tickets: £35 per person

(participants are asked to raise sponsorship)



The person who raises the most sponsorship will receive a 1 to 1 reading with Ian Lawman, celebrity psychic & exorcist, star of Most Haunted, Ghost Chasers, Buried Alive & Living with the Dead.

**To sign up please call 01642 803326
Or sign up online www.ageuk.org.uk/teesside
Email laura.wedgwood@ageukteesside.org.uk**

This event is for entertainment purposes only. Promotional images used are for illustration purposes only and are not in any way connected to the hall or its grounds



Fundraising & Events

Are you a runner or thrill-seeker? Dog-lover or paranormal enthusiast?

We have an event to suit all tastes! You could bring your four-legged friends to our Bark in the Park Sponsored Dog-Walk or raise money for Age UK Teesside while training for the Great North Run or Tees Pride 10K.

We have a Ghost-Hunt with celebrity psychic Ian Lawman who will provide a 1-to-1 reading for the person who raises the most

Sponsorship, while the Bungee Jump and Skydive challenges are also back for 2018 for those of you who want to test your mettle this year.

Full information about all of our events can be found on our website www.ageukteesside.org.uk.

Forward all enquiries to our Head of Fundraising:

Laura Wedgwood

Laura.wedgwood@ageukteesside.org.uk

01642 80 33 26



runmiddlesbrough



Bark in the Park

Sunday, July 22nd 2018



**GET YOUR FRIENDS & FAMILY TOGETHER FOR A
3 MILE SPONSORED WALK IN THE PARK.**

22 JULY 2018, PRESTON PARK, STOCKTON ON TEES
STARTS AT 11AM (REGISTRATION FROM 9.45AM)

£5 ENTRY PER DOG PLUS SPONSORSHIP

EVERY DOG WILL RECEIVE A FREE DOGGY BAG



ALSO ON THE DAY COME AND TAKE PART IN OUR FUN COMPANION DOG SHOW!*

**Small donation applies*

Dog Show Categories:

Prettiest Bitch
Most Handsome Dog
Best Buddies
Best Child Handler
Best Fancy Dress
Best Trick



Pedigree Section:

Best Lab/Retriever
Best Terrier
Best Toy Breed
Best Puppy
Best Rescue



BUNGEE JUMP

SUNDAY 6TH MAY 2018

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



**£20 entry plus
£100 sponsorship**

**For more information or
to sign up please contact**
Laura-Jane Wedgwood on
01642 803326/07921 464126 or email
laura.wedgwood@ageukteesside.org.uk
www.ageuk.org.uk/teesside

Climb 210 steps to the top
of Middlesbrough's iconic
Transporter Bridge taking in
the panoramic views
of Teesside, before jumping
160ft in aid of Age UK Teesside

**SPACES
NOW
AVAILABLE
ON THE 26TH
AUGUST**

TAKE YOUR **ADRENALINE** LEVELS **TO NEW HEIGHTS!**

AGE UK TEESSIDE
 SPONSORED SKYDIVE!

26TH AUGUST 2018

THE SKYDIVE ACADEMY,
 PETERLEE PARACHUTE CENTRE,
 SHOTTON AIRFIELD

CHOICE OF JUMP HEIGHTS

10,000 FT

- 25-35 SECOND FREE FALL
- 5 MINUTES PARACHUTING
- £35 DEPOSIT AND MIN SPONSORSHIP £225

15,000 FT

- 55-65 SECONDS FREE FALLING
- 5 MINUTES PARACHUTING
- £35 DEPOSIT AND MIN SPONSORSHIP £325

FOR MORE INFORMATION OR TO SIGN UP PLEASE CONTACT:

LAURA-JANE WEDGWOOD, GRANT & FUNDRAISING CO-ORDINATOR

E: LAURA.WEDGWOOD@AGEUKTEESSIDE.ORG.UK | T: 01642 803 326



01642 566511
info@nouveauwellbeing.com

Chair Exercise

Chair Exercise is a fun seated workout including a vast range of gentle exercises without leaving your chair. Join in and reap the physical benefits while enjoying yourself in this exciting session, all while having fun with friends.

Wednesdays 10-11am

FREE

Age Uk Teesside
Borough Road
Middlesbrough
TS1 2EH

NOUVEAU
WELLBEING

NouveauWellbeing NouWellbeing Nouveau_Wellbeing

www.nouveauwellbeing.com

Phoenix 2018

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

10.am – 11.am

Chair exercise is a fun seated workout for people living with dementia, including a vast range of gentle exercises without leaving your chair. Join in and reap the physical benefits all whilst having fun with friends and reminiscing about past times.

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 Prize Bingo!

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

Fish n Chip lunch (£4.60p) or bring a packed lunch.

10.30am – 2.30pm

Booking essential contact Tina

Saturday & Monday evening

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.

**For more information call Tina
on 01642 803328**



Phoenix Volunteers



Do you reside in Middlesbrough?

Do you have spare time to give?

Would you like to be part of team?

Do you want to support our community?

Please contact Janet to discuss opportunities with the Phoenix project.

Tel 01642 805500



Donations

Do you have any unwanted gifts?

Can you spare an Easter Egg?

We are looking for donations for our Easter Raffle.

Please contact Tina or Haley

Tel 01642 805500



MCST

Maintenance, Cognitive, Stimulation Therapy .

From June 2018 we will be offering an MCST course based in Middlesbrough to clients from all four boroughs diagnosed with Dementia/Alzheimer's.

The sessions will run for 12 weeks and clients will receive a discount cost for block bookings.

Farewell Dean

Dean Sunley has volunteered within the Phoenix Project for 2 years – giving much valued support to staff and clients. We wish him well in his new venture he will be missed by all of us.

Staff and clients contributed to Dean's leaving gift in recognition of all his hard work.

Good luck in your new job and don't forget to come back and visit.



Phoenix Easter Bonnet Competition



On Friday 6th April we will be hosting our Easter Bonnet Competition along with an Easter Raffle – we will also have a Fish & Chip lunch and some Prize Bingo.

Call Tina on 01642 80 33 28 to book your place



Befriending

The Befriending Service in Redcar and Cleveland received a great boost this month when its funding was confirmed by Redcar and Cleveland Council up until March 31st 2019. In addition, increased funding has enabled a more comprehensive service to be offered to lonely and isolated people in the borough. This expansion will enable local residents who meet the criteria for befriending, to receive shorter term support to engage with activities in the local community and meet new people. An increased pool of volunteers will act as 'energisers' to help befriending clients who are willing and able to access the local community to make the first steps in engaging in social and community activity a little easier.

Ross Newton, Befriending Service Coordinator for Age UK Teesside in Redcar and Cleveland said. ***'This is a great boost for the Befriending Service, its clients and the amazing team of volunteers who are the driving force of the service. Thank you to the local authority for their continued support as the team work towards achieving more excellent results for local residents this year.'***





Age UK Teesside's Make a Will Month

EXCLUSIVELY IN PARTNERSHIP WITH TILLY, BAILEY & IRVINE

This extra special offer is available only during July, 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.

TIILY, BAILEY & IRVINE
STOCKTON
T: 01642 356407

TIILY, BAILEY & IRVINE
HARTLEPOOL
T: 01429 405081

Tilly Bailey & Irvine
law firm

tbi

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

BHBW: Groups Timetable

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.

Zumba Gold Class

Monday from 2.00pm -3.00pm

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

Classes are £3.00 per session.

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

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.

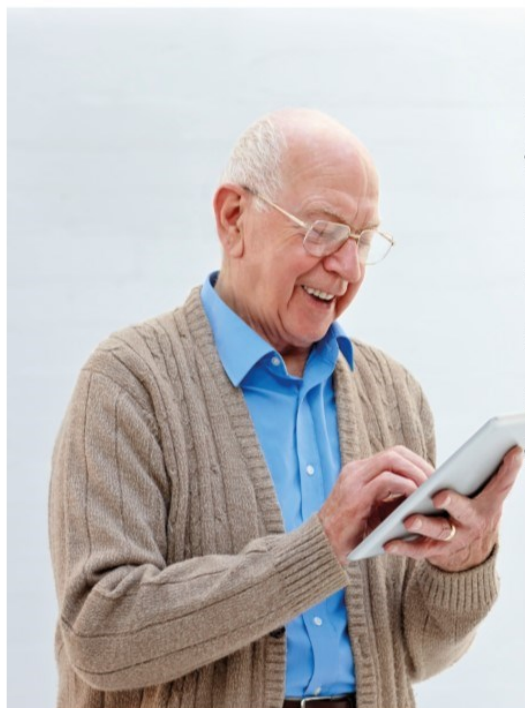
I-Tees' Group meet every **Tuesday,
with sessions running from **10.00am**
to **12.00pm**.**

**Stay for the whole session or pop in
and get your tech questions answered.**

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.**

Only £1.00 per person



**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.**

**PC's are available or bring your own device
for individual tutoring.**

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

For more information, call

01642 80 33 13

Funding

Staff from Fat Face in Yarm presented Louise Wheatley of the Age UK Teesside team with a cheque for a massive £1077.40.

The popular clothing store regularly fundraises for Age UK Teesside and has supported several of our campaigns. We are very grateful for their efforts and look forward to working with the team again in the future.

Thank you Fat Face!



FATFACE
UNITED KINGDOM

Staff

Here at Age UK Teesside we are excited to welcome new team members and acknowledge those who work hard for our service users and always give 100%.



Pam Cairns: NEW

Befriending Co-Ordinator for Hartlepool

Karen Parkin: NEW

Projects Administration Co-Ordinator

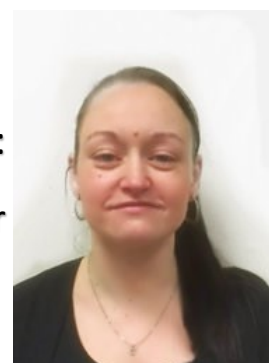


Laura-Jane Wedgwood:

Grants & Fundraising Co-Ordinator

Rachel McCairns:

Welfare Benefits Advisor



Jane Dean: LEAVER

Former Dementia Services Assistant Jane left the team in January. Good luck for the future; you will be missed.



The logo features a stylized 'C' shape composed of four colored segments: green, pink, blue, and yellow.

MUSIC IN HOSPITALS & CARE

Joy through live music

On February 21st, Age UK Teesside and Music in Hospitals presented a live musical performance from The Robert Atkinson Centre. The wonderfully talented Ged Camille and Paddy Villiers entertained attendees with vocals, guitar and percussion.





Health Project, Stockton-On-Tees

Age UK Teesside are working in partnership with Cultures CIC to improve the health of people from Black and Minority Ethnic Groups, aged 50 and over, living in Stockton.

We provide a number of different groups based around healthy eating, regular exercise and health information and advice.

Monday Morning 10.00 am

Men's Health Walking Group (Leaves from Farooq E Azam Mosque)

Tuesday Morning 10.00 am – 12.00 noon

Table Tennis - Mixed

Thursday Morning 10.00 am - 12.00 noon

Women's Health Group



FOR MORE INFORMATION:

Please contact Zumrat Khan on **07476657167**

or Denise Sharkey on **07548 223389**

Walk in the Park

Below are a selection of photo's from our Culture Club's guided walk through Preston Park in November.



**Contact Zumrat Khan on 07476657167 or
Denise Sharkey on 0745223389
for more information**



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.



Age UK
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

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



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

Age UK's Painful Journey Campaign:

Write to your MP over Hospital Transport

Rural people are being asked to write to their MPs and call for a review of non-emergency patient transport services. Age UK warns that older people are facing huge difficulties getting to routine hospital appointments and have called for a review of non-emergency patient transport services.

For most people, just having a medical appointment is enough to worry about, but older people also often need to make long and complicated journeys to and from hospital.



“Sadly, this is a stark reality for many older people – who are the main users of the NHS,” says Age UK's Rosie McKearney. Older patients can feel alone, and in pain, while being constantly anxious that they will be late for their appointment, she adds.

The Rural Services Network has also highlighted the impact that austerity cuts are having on rural transport and access to healthcare services.

Almost one in five older people feel worse after attending hospital because of journey stress, according to Age UK's latest research.

The research polled over-65s who have attended a hospital appointment in the past year. It found that 18% – over one million people – reported feeling worse afterwards because of the stress involved in the journey to hospital.

As people grow older, their chances increase of having multiple health conditions requiring regular hospital appointments, says Ms McKearney. If older people cannot get to the hospital services they need, it will translate into extra costs for the NHS, which is already stretched to the limit. This is especially so if people have to endure long, painful and stressful journeys to reach a hospital.

More importantly, missed appointments and possible relapses, increase the risk of making the need for NHS treatment at a point of crisis more likely.

Age UK's nationwide Painful Journeys campaign aims to highlight the difficulties facing millions of older people when travelling to hospital appointments. It is calling for urgent government review of transport services to ensure hospital transport for older people is comfortable, affordable and arrives in good time.; this would make a big difference to older people, their families and to the NHS.

Age UK's Painful Journeys campaign highlights the difficulties many older people face to get to their routine hospital appointments.

It is calling for as many people as possible to write to their MP to raise their concerns which they can do quickly and easily by clicking here.

To find out more about the campaign, visit www.ageuk.org.ukpainfuljourneys or email campaigns@ageuk.org.uk to get involved.



Join our campaign

Demand the Government urgently reviews the way older people travel to and from hospital

Write to your MP

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

