

**FEB
2019**



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Hill Street Centre

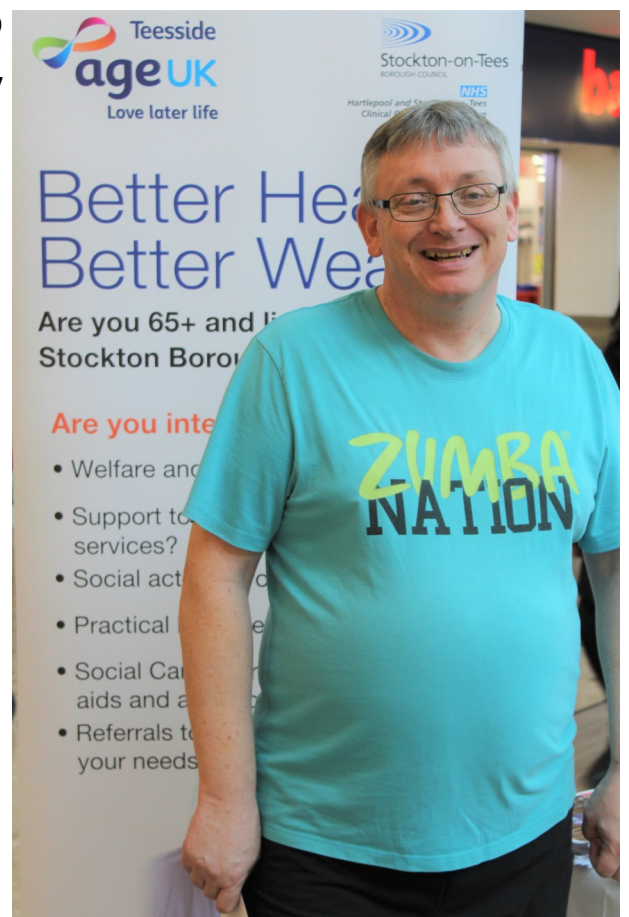
Age UK Teesside have been given the opportunity to promote our services and speak with the public once a month at the Hill Street Centre in Middlesbrough.

The first event was held on Wednesday 20th February; staff included Volunteer Co-ordinator Janet and Fundraiser Laura, accompanied by Zumba choreographer Glyn, who was promoting our upcoming March Against Loneliness events.

If you would like to speak to us or have any questions, come along to the Hill Street Centre on the following dates:

- Wednesday 13th March
- Wednesday 3rd April

Staff will be located by Superdrug and the Muffin Break cafe, from 9.30am—4.00pm. Come by to talk to a member of staff, if you have any questions or just to say hello.





Pop-up Music Cafés are Coming to Town!



Free concerts for over 50s

Come along and experience the joy of live music at
The Livewell Hub, Thorntree Road, Thornaby TS17 8AP
at 1pm

on the following dates:

Thursday 28th March

Wednesday 17th April

Wednesday 8th May

Wednesday 3rd July

To book a place please call Louise or Gill at Age UK Teesside:
01642 805 500



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/mihcwalton



youtube.com/mihc



Pop-up Music Cafés are Coming to Town!



Free concerts for over 50s

Come along and experience the joy of live music at
North Ormesby Hub, Derwent Street,
Middlesbrough, TS3 6JB
at 1pm
on the following dates:

Tuesday 11th June
Tuesday 20th August

To book a place please call Tina or Louise at Age UK Teesside:
01642 805 500



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/mihcwalton



youtube.com/mihc

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 ANNE SYKES OR LOUISE WHEATLEY ON :

01642 80 55 00

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

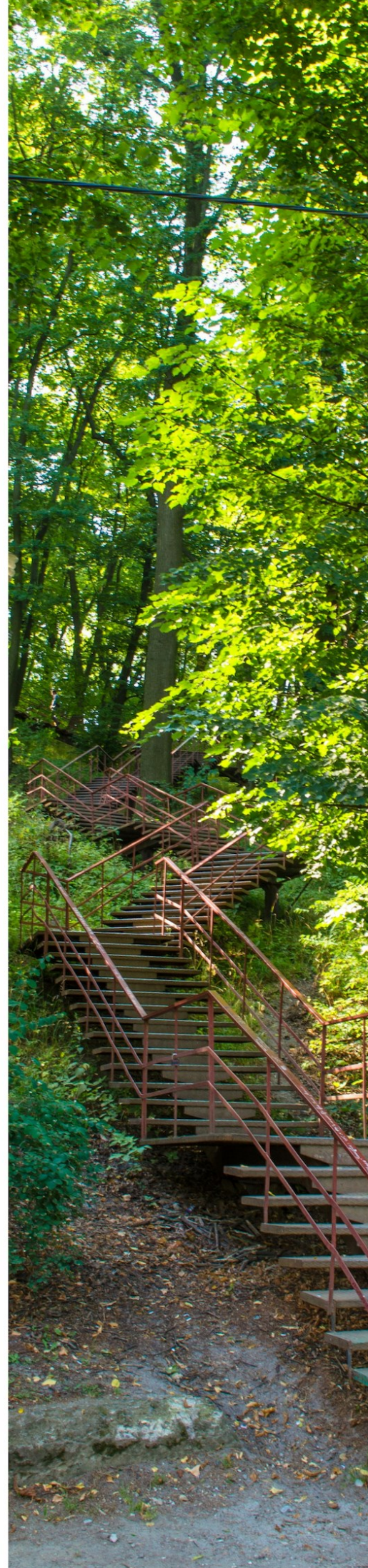
TEES BARRAGE
ROPNER PARK
PRESTON PARK
THORNABY

10:00am - 12:00noon

Monday

Live Well Dementia Hub

Thornaby



Walking Group Schedule (March—April 2019)

March 2019

4th	Teesside Barrage
11th	Preston Park
18th	Ropner Park
25th	Teesside Barrage

April 2019

1st	Teesside Barrage
8th	Preston Park
15th	Ropner Park
22nd	EASTER MONDAY—No Walk
29th	Teesside Barrage

If the weather is bad we will be doing activities in the Livewell HUB, Thornaby within our Monday Mates group. All will be welcome to join.

Please contact Louise on 07737213018 or Age UK Teesside on 01642805500 if you can't make it or would like to join.



Funding & Fundraisers

This year we have our first “March Against Loneliness”, which will see a series of events in March to raise money for older people in Teesside who are isolated. Events include the Dance Through Time Zumbathon and a sponsored walk around Stockton Riverside.

Check out the following events and dates for 2019:

- 7-9 June **Great North Swim**
- 14 July **Transporter Bridge Bungee Jump**
- 28 July **Bark in the Park (Summer)**
- August **Wills Month**
- 25 August **Skydive**
- 8 September **Great North Run**
- 1 December **Bark in the Park (Christmas Edition)**
- 8 December **Santa’s on the Bridge Abseil**



If you would like to take part in any of these fundraising events, or to set up one yourself, please contact Laura on [01642 443 727](tel:01642443727)



The **Great North Run** is a half-marathon starting at Newcastle and ending in South Shields; the original ‘Great Run’, it was first staged in 1981. It is the UK’s largest running event with 57,000 runners taking part annually.

The **Great Swim series** began in 2009, and has grown into the largest swimming event series in the UK. With 22,000 competitors and 50,000 spectators, the Great North Swim is suitable for swimmers of all ages.

(A place with Age UK Teesside is for the 1 mile distance only.)



WALK AGAINST LONELINESS

Together we can help reduce loneliness & isolation in Teesside



Walk back to the 60's with music & memories

**2019
MARCH
SUNDAY
10**

5k sponsored family walk around Stockton Riverside £5.00 entry plus sponsorship

AT THE RIVER TEES WATERSPORTS CENTRE - 11:00AM
The Slipway North Shore Stockton-on-Tees TS18 2NL

To sign up visit www.ageuk.org.uk/teesside
email laura.wedgwood@ageukteesside.org.uk
or call 07921 464126



MIDDLESBROUGH TRANSPORTER BRIDGE

BUNGEE JUMP

FOR AGE UK TEESSIDE

Experience the undeniable rush of one of the worlds most exciting activities Bungee Jumping!

Raise money for the older people in Teesside whilst taking to the skies and taking the leap of faith into the air, after hearing the famous words - 3,2,1, Bungee!

The incomparable and ultimate thrill will have your heart racing as you fall towards the water below, only to experience the excitement of being pulled back towards the sky.

160FT
DROP



SUNDAY 14TH JULY 2019

£20.00 ENTRY PER PERSON & £100.00 MINIMUM SPONSORSHIP

To sign up please call 01642 433727 or 07921 464126
or sign up online at www.ageuk.org.uk/teesside
Email laura.wedgwood@ageukteesside.org.uk



CALLING ALL DOGS!

BARK IN THE PARK SUNDAY 28 JULY 2019

FEATURING
Fun Companion Dog Show
Starts 12.30pm





GET YOUR FRIENDS & FAMILY TOGETHER FOR A 3 MILE SPONSORED WALK IN THE PARK. SUNDAY 28 JULY 2019, 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

DANCE THROUGH TIME

FROM THE 1930'S TO THE MUSIC OF TODAY

with  **ZUMBA** WITH GLYN 

**2019
MARCH
SUNDAY
17**

11.00AM - 1.00PM

£10.00 for 2 hours £7.00 for 1 hour

AT HIGH GRANGE COMMUNITY CENTRE
CASSON WAY BILLINGHAM TS23 3TX

To sign up visit www.ageuk.org.uk/teesside
email laura.wedgwood@ageukteesside.org.uk
or call 07921 464126



Age UK Teesside Vacancies

Befriending Service Redcar & Cleveland **Support Worker**

21 hours per week

Fixed term (1st April 2019 – 31st March 2020)

Salary £17,316 p.a. (pro rata)

Age UK Teesside is looking for a Support Worker to join our established existing Befriending Service operating across the borough of Redcar and Cleveland. Working alongside the Service Co-ordinator the successful candidate will assess new and existing client's requirements around befriending and help facilitate their engagement within new networks to reduce the effects of loneliness and social isolation. They will also be responsible for assisting in the development and promotion of the Befriending Service's Extended Service by working in close partnership with other local services.

Closing Date for applications: Friday 15th March 2019 at 4 p.m.

Interviews will take place week commencing 18th March 2019

For an application form and job description please visit www.ageukteesside.org.uk or email anne.sykes@ageukteesside.org.uk

These posts are subject to DBS Enhanced Disclosure

CVs will not be accepted

Age UK Teesside is an Equal Opportunities Employer

Reg. Charity No. 702714. Reg. Co. No. 2152353

www.ageukteesside.org.uk



Time Out Project **Volunteer Co-ordinator**

15 hours per week

Fixed term (1st April 2019 – 30th September 2020)

Salary £19,240 p.a. (pro rata)

Age UK Teesside is looking for a Volunteer Co-ordinator to join us as we develop a new and exciting service across the borough of Redcar and Cleveland. Working alongside the Project Co-ordinator and partner organisations, the successful candidate will have **experience** of working with volunteers and be able to develop and deliver a reliable volunteer-led service to be utilised by carers to provide them an opportunity to take a break from their caring role. The successful candidate will have exceptional experience of providing one to one, face to face support & understanding of the needs of carers and their cared for.

Closing Date for applications: Friday 15th March 2019 at 4 p.m.

Interviews will take place week commencing 18th March 2019

For an application form and job description please visit www.ageukteesside.org.uk or email anne.sykes@ageukteesside.org.uk

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Reg. Charity No. 702714. Reg. Co. No. 2152353

www.ageukteesside.org.uk

Join us at our “Memory Lane”

Dementia Cafés

in Middlesbrough

If you have dementia, or are caring for someone with dementia, you'll be welcomed at your local café.

Marton Community Hub & Library—Second Monday (Tel 01642 300255)

When: 14th January, 11th February, 11th March, 8th April

Time: 2:00pm - 3.30pm

Middlesbrough Central Library— Third Wednesday (Tel 01642 729002)

When: 16th January, 20th February, 20th March, 17th April

Time: 1.00pm - 3.00pm

Acklam Community Hub & Library—Fourth Thursday (Tel 01642 817810)

When: 24th January, 28th February, 28th March, 25th April

Time: 1.30pm - 3.30pm

For more information please contact Diane Fleet:

01642 729417 or diane_fleet@middlesbrough.gov.uk

We look forward to seeing you

Better Health Better Wealth: Group Timetable

Monday Mates—NEW

Mondays, 10.30am—12pm

Live Well Hub, Thorntree Road, Thornaby.

Sessions are 50p

Try-It-Tuesday

Tuesdays, 1pm—3pm.

Live Well Hub, Thorntree Road, Thornaby.

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.

Thornaby Sociable Club

Wednesdays from 10.30am—12pm

Live Well Hub, Thorntree Road, Thornaby.

Sessions are 50p.

Zumba Gold Class

Monday from 2pm—3pm

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

Classes are £3.00 per session.

*Phone the BHBW Team
on 01642 805500*

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



Phoenix 2019

Mondays

Carpet Bowls

Fun, Social, Group (Bring a packed lunch)

10.30am – 2.00pm

£1.00 per session

At Grove Hill Community Hub

Bishopton Rd

Grove Hill

Middlesbrough TS4 2RP



Tuesdays

Lunch n Social

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

Light lunch plus refreshments provided.

£4.00 per session (catering) or bring a packed lunch.

11.00 am – 2.00pm

Booking essential contact Tina for details

At North Ormesby Community Hub

Derwent Street,

North Ormesby

Middlesbrough TS3 6JB



Podiatry Service Contact Tina for details and appointments.

Wednesday

Chair Exercise & Reminiscence Activities 10.am – 11.am

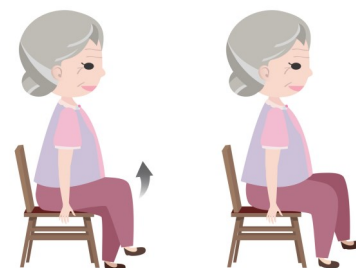
Chair exercise is a fun seated workout for people living with dementia, including a vast range of gentle exercises without leaving your chair. Join in and reap the physical benefits all whilst having fun with friends and reminiscing about past times.

At Grove Hill Community Hub

Bishopton Rd

Grove Hill

Middlesbrough TS4 2RP



Thursdays

Craft sessions

Knitting Embroidery Card making Crochet – or bring along your own craft/idea?

10am – 12noon

60p to include refreshments

At Grove Hill Community Hub

Bishopton Rd

Grove Hill

Middlesbrough TS4 2RP



Fridays (every 2 weeks—see schedule on page 14)

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.

11.15am – 2.30pm

£2.00 admission to include refreshments

Booking essential contact Tina

At St Cuthbert's Church Hall

Stokesley Rd

Marton

Middlesbrough TS7 8JU



Saturday morning & 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.

Contact Tina 01642 433723 / Mobile 07834 181188

or reception 01642 805500

Living With & Beyond Cancer

Offering people aged 45+ from Teesside who have been diagnosed, are receiving treatment or have recovered from cancer, the opportunity to have a Holistic Needs Assessment that is designed by the Macmillan Cancer Support service, to ensure that their physical, emotional and financial needs are being met. Working one-to-one with a key worker, a care plan will be devised where needed, to address any concerns a client might have and link with voluntary organisations to address those needs



If you feel this service could help offer you the support, advice or information you need whether in a medical setting, mutual location or at home, you can be referred or self-refer to:

Anne.Robinson@ageukteesside.org.uk

Or call:

01642 80 55 00

Supported By:

MACMILLAN
CANCER SUPPORT

NHS
Northern
Cancer Alliance



Can We Make Use of Your Old Money?

Shops stopped accepting the round £1 coins on 15 October 2017 and can no longer give them out as change.

But, **169 million old** £1 coins have yet to be returned to the Royal Mint.

Are there any hiding down the back of **your** sofa?

If you have any old £1 coins that you'd consider donating to Age UK Teesside, we'd be very grateful to receive them and we'd put them to really good use in our work supporting older people.

You can drop them into our office at the TAD Centre.

Contact Us today if you would like to donate your old coins:

Call: 01642 80 55 00

Email: Enquiries@ageukteesside.org.uk

beginner pattern by Juliet Bernard

Yarn: Blue and white DK

Needles: 4mm

Hat

Cast on 31 sts in blue

Knit two rows (garter st)

Change to white and beginning with a knit row continue in st st as follows

2 rows white, 2 rows blue, 2 rows white, 2 rows blue, 2 rows white, 2 rows blue.

Continue in blue

Next row: k2tog to last st, k1 (16sts)

Next row: purl

Next row: k2tog to end (8sts)

Cut the yarn leaving approx 10cm length. Thread this through a sewing needle and bring through stitches and pull up to tighten.

Making up

Use a sewing needle to join side seams.

Make a pompom in blue and white and sew securely to top of the hat.



send your hats to: **FAO: Tina Bonner, Age UK Teesside**

Dorothy Rose Suites (29-32), The TAD Centre

Ormesby Road, Middlesbrough, TS3 7SF

Abbreviations: St(s) - stitch(es) | st st - stocking stitch | k2tog - knit two together



dinosaur

advanced pattern by Juliet Bernard

Tail

In green cast on 3 sts

Row 1: kfb, k1, kfb (5sts)

Rows 2-4: work 3 rows of st st, starting with a purl row

Row 5: k1, m1, k3, m1, k1 (7sts)

Rows 6-10: work 3 rows of st st, starting with a purl row

Cast off

Scales

In red, cast on 31 sts

Beginning with a knit row, work 2 rows in st st

Next row k1 *yo, k2tog, repeat from * to the end of the row.

Beginning with a purl row work 3 rows in st st.

Cast off.

Fold the scales in half and sew together

Sew in all the ends

Join the edges of the neck and join to the body. Insert a little stuffing.

Embroider eyes and mouth on the head and sew on to the neck

Attach tail to the body and then sew on the scales up the tail and over the body.



send your hats to: **FAO: Tina Bonner, Age UK Teesside**

Dorothy Rose Suites (29-32), The TAD Centre

Ormesby Road, Middlesbrough, TS3 7SF

Abbreviations: k - knit | p - purl | St(s) - stitch(es) | st st - stocking stitch | k2tog - knit two together
yo - yarn over the needle to create a st | kfb - knit into the front and back of the same st



HARTLEPOOL BEFRIENDING NETWORK



VOLUNTEERING OPPORTUNITIES AVAILABLE NOW!

Interested in Befriending individuals aged 65+ living within the Hartlepool area?

As a volunteer you will:

- Offer friendship and a listening ear
- Have a friendly chat over a cup of tea or coffee
- Assist with small daily living tasks
- Accompany clients on short walks, outings or to local social groups



**For more information contact Pam Cairns on
07808 3061
Or Pam.Cairns@Ageukteesside.org.uk**

Hartlepool Befriending Network continues to thrive. Volunteer numbers have increased and so unfortunately have client numbers. There are many residents in Hartlepool who are lonely and socially isolated and it is those we are reaching out to; those ladies and gentleman, who from one day to the next, see no one. We need to increase our volunteer base to do this and it is with this in mind that we bring you another insight from one of our volunteers 'Jean', who has been with us since the beginning. Here she tells us her story:

"I started befriending about 2 years ago and I can honestly say it's one of the best things I have ever done. My niece had done befriending in London several years previously and suggested I give it a go.

I visit two ladies, Jean and Connie, who are both widowed and very lonely with family living quite a distance away from them.

Jean, who is 95, but looks 75, is a marvel. She had a hip replacement just before I started to visit her and her recovery was nothing short of a miracle. Up and walking within a couple of weeks and determined to get fully mobile, which she has done. Jean was in the Army during the war and stationed in Italy. We have had many a chat reminiscing about the 'old days' and boy, does she have some stories to tell! One of her favourite places is the Hartlepool Headland and we often go and have a stroll along the sea wall there.

Connie, who is a baby at 88, used to be a probation officer and then worked in youth services for many years and still shows a great understanding for young people. She has a wonderful sense of humour and has some wonderful funny stories from her time working in youth clubs and play-schemes.

I hadn't realised how many lonely people there are in the world and knowing how much Jean and Connie look forward to my company is reward enough. 'Little things mean a lot' is certainly true in the case of befriending, you wouldn't believe how just spending an hour with someone can make such a difference to their lives. But it works both ways, I have made two lovely friends and not having any elderly relatives living, really enjoy going back in time, looking at old photographs and just putting the world to right!! "

If you're sat reading this and have been thinking of befriending, do it! Your lives will be richer and you'll never be lonely! ~ Jean

If you can spare an hour or two to give an elderly person something to look forward to, if you would like to enrich your life by inviting an elderly person to become part of it then why not give Pam Cairns a call on 07808 804136 and make 2019 a year to remember.



Redcar Befriending Service

Are you lonely enough?

The Extended Service is continuing to grow in Redcar and Cleveland. This extension on the Befriending Service acts as a support network for those people who don't meet the Befriending Service's criteria for Volunteer visits. Redcar and East Cleveland's Befriending Service want to ensure that everyone who comes through to us are helped, even if they're not 'lonely enough'. This could be anything from finding what is on in their local area, how to access affordable transport to attend groups/social events, signposting to other organisations and acting as an advocate.

Here we have an example of a real success story of how valuable the Extended Service is:

Margaret was referred in to us back in July 2018 by her Wellbeing Practitioner. Margaret described feelings of loneliness and isolation and felt as though she couldn't attend certain activities because she was on her own. Margaret lacked confidence to attend groups but knew she desperately needed to socialise and start to rebuild her support network and friendship groups again following an episode of anxiety and depression.

She was supported by Robynne who has developed the Extended Service since joining the team back in April last year. Robynne carried out a wellbeing assessment and found out what interests Margaret had. She also visited Margaret a few times to build a therapeutic relationship. From this, Robynne and Margaret agreed to start attending the Silver Surfers group at Marske Library on Friday's where Margaret knew somebody already there. She came every week and started to form friendships with Silver Surfers Volunteer and the others there. She became a real asset to the group and began to help others solve their IT problems.

Robynne then suggested attending Community Stepping Stones Knit and Natter group (seen below) in Dormanstown on Wednesday's. Margaret was initially anxious about going on her own but Robynne assured her that she would be ok and that Age UK Befriending office is not too far, if she did need Robynne to meet her at any point. Margaret attended on her own and loved it! She is now attending the games afternoon there on Thursday's and has been described as a "wonderful lady with a lot to give" and "the mother hen of the group".



Robynne says, *"The extended service is a really important and much needed part of the Befriending Service. It can be incredibly daunting accessing new groups on your own, no matter what age you are but to also face barriers that many older people face, it makes it a lot harder. Sometimes the thought of being lonely is better than going it alone. The Extended Service is there to support those to engage back in to their communities that they were once an integral part of, this allows our much needed Volunteer Befrienders to be assigned to those who are physically unable to."*



VOLUNTEER WANTED

Volunteer required with IT
experience in Redcar and
Cleveland to deliver IT training or
support on a one to one basis.

**Call Amanda on 07921 464114 for
more information or to apply**



For more information contact Amanda Bowstead on 07921464126

Or Amanda.bowstead@ageukteesside.org.uk

Or Robynne.orton@ageukteesside.org.uk

INFORMATION EVENT FOR THE VISUALLY IMPAIRED



**at
United Reformed Church
Station Road, Redcar**

Friday 31st May 9.30am – 1.00pm

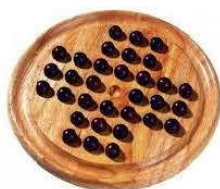
Stands include:

EQUIPMENT – SERVICES – SUPPORT

Refreshments Available

**Contact Irene Poynter on
01642 470912**





GAMES AFTERNOON FREE

TO THOSE WHO BUY A TEA OR COFFEE

EVERY THURSDAY

12 NOON – 2PM

AT



**Community Stepping Stones
CIC**

5 Farndale Square Dormanstown TS10 5HE

When was the last time you had a game of cards or
played a board game with friends?

Relax with a cup of tea or fresh coffee and try our cakes and
biscuits



Come along to our new community café in **Farndale Square,**
Dormanstown, meet new people, join in and have fun. We have cards,
dominos, Beetle drive, Ludo. etc.

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



Middlesbrough
moving forward

In 2019, Age UK Teesside are visiting libraries across Middlesbrough, delivering information about our services, including Befriending. Tea and coffee will be provided. All welcome.

THU 21 FEB	MARTON
THU 21 MARCH	EASTERSIDE
THU 18 APRIL	ACKLAM
THU 16 MAY	CENTRAL
THU 20 JUNE	NORTH ORMESBY
THU 18 JULY	HEMLINGTON

All Events
2.00pm - 4.00pm



Pop along for a chat and a cuppa and find out what is going on in your community.

No Booking Required.

MIDDLESBROUGH BEFRIENDING ROADSHOW

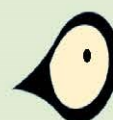


Call 01642 80 55 00

For more information



Puffin' Group



A Respiratory Peer Support Group

A peer support group for those with respiratory conditions. Come along to this friendly group and meet others with similar life experiences.

Always a warm welcome.

For more information please contact Helen Maycroft on 07921464108

Sessions take place every other Thursday, 12.30pm—2.30pm

At East Avenue Community Centre, East Avenue, Billingham, TS23 1BY.

Dates for the diary :

7th February 12.30—2.30pm

21st February 12.30—2.30pm

7th March 12.30—2.30pm

21st March 12.30—2.30pm

4th April 12.30—2.30pm

18th April 12.30—2.30pm

On 7th February we have Santander visiting the session to talk about fraud and scam awareness.

During March we will have a visit from the Clinical Lead from North Tees and Hartlepool Respiratory Team

The Last 30 minutes of sessions will focus on seated chair based exercise for those who wish to stay and do this.



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 Suites (29-32),

The TAD Centre, Ormesby Road,

Middlesbrough,

TS3 7SF

www.ageukteesside.org.uk

01642 80 55 00



MONDAY MATES

LIVEWELL DEMENTIA HUB
THORNTREE RD, THORNABY,
STOCKTON-ON-TEES TS17 8AP

10.30am - 12.00pm

Join us Monday mornings for our new social group, providing stimulation, physical activity and social engagement.

Sessions are 50p per person
Contact Gill for more info on
01642 80 55 00

Silver Surfers (65+)

Learn how to use your
Computer, Smart Phone or
Tablet with Age UK Teesside



Where: Marske Library, Windy Hill Lane, Redcar,
TS11 7BL

When: Pop in sessions on Friday between
10.30am – 12.30pm (starting on Friday 28th
September 2018)

Refreshments provided at £1

**For more details please contact Robynne at Age
UK Teesside on 07718125013**



Befriending in Middlesbrough

Are you aged 65 or over and living in Middlesbrough?
**Do you ever feel lonely and/or isolated from your
community? Do you live alone?**

Then our BEFRIENDING SERVICE could help...

We offer to match you with a volunteer Befriender who can visit you regularly and offer you company, support and friendly face over a cuppa. A Befriender can support you to join a group, go for a walk, have a trip out, assist with small daily tasks etc.

*All of our volunteers are DBS
checked and receive training
from Age UK Teesside.*

If you think our service can help or you
would like to find out more, please contact:

Paula Taylor on:

**Tel: 07921 464125 /
01642 805500**

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



NO ONE WANTS TO LIVE IN A COLD HOME

Every winter 24,000 older people die in the UK as a result of cold weather. Age UK Teesside can help, with:



FREE

Home Energy
Checks



ADVICE

On Keeping Warm
& Well in Winter



SAVE

Government's Warm
Home Scheme



HOME

Handypersons fit
practical equipment

For more information, to book
a home energy check or find
out if you are eligible for the
Warm Home Discount, call:

01642 80 55 00

Age UK Teesside Ltd
Dorothy Rose Suites (29-32)
The TAD Centre
Ormesby Road
Middlesbrough
TS3 7SF

