



The fireworks are over—for now—and the Christmas festivities are on the way! Carols, Christmas Lunches and a Festive abseil starring Santa Claus himself are still to come in December, along with our usual groups and services.

## Goodbye Fiona! Skydive!

Age UK Teesside said goodbye to our Health & Well-being Manager, Fiona Baker, in October.

She will be greatly missed by staff and clients alike but we wish her the very best for the future.

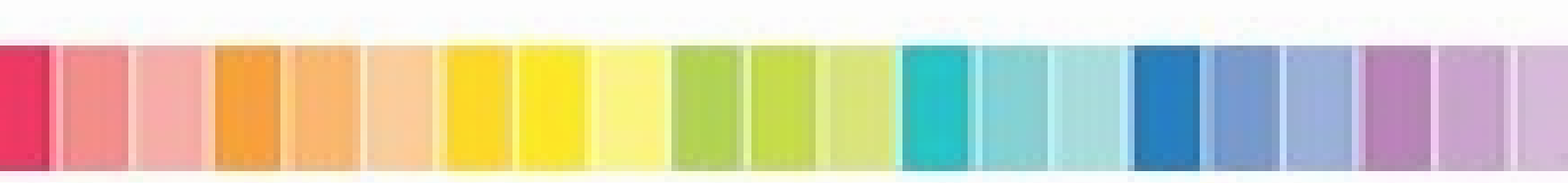
Our wonderful fundraisers were back at Peterlee Parachute Centre Saturday 18th November, hopeful to complete their skydive. CEO Anne was kitted out and ready to go, getting as far as boarding the plane and ascending to 5,000ft.

Unfortunately, due to unsafe weather conditions, the plane landed soon after, and the event has once again been postponed.

Due to the centre closing for the Winter season, the team will have to wait to accomplish their 15,000ft parachute jump in March 2018.



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## Christmas Campaign 2017

no one  
should  
have no  
one at  
Christmas



**Once again, our national campaign to fight loneliness will run throughout the festive season and all through winter.**

Learn more about how you can help end loneliness this Christmas by visiting [www.ageukteeside.org.uk](http://www.ageukteeside.org.uk) or call today on 01642 80 55 00



# Christmas Festivities!

Tis the season to have a great time with a selection of celebrations from our annual Carol Service to the all-new Christmas Fayre!

Read on to learn about our upcoming festivities in December.



## Christmas Fayre 2017



Saturday 2nd December 2017

Norton Methodist Church Hall,

11.00am—3.00pm

Craft Stalls—Raffles—Food

Free Entry

Cake donations welcome





## Annual Carol Service

All Saints Parish Church, 112 Linthorpe Road, TS1 2JR

Thursday 14th December 2017

Starts at 2.00pm

Accompanied by the

Abingdon Primary

School Choir



## Festive Lunches 2017

### Redcar

Newcomen Church Hall

Mersey Road

TS10 4NY

Friday 22nd December



### Hartlepool

Belle Vue Centre

Kendall Road

TS25 1QU

Thursday 21st December

If you're over 50 and facing a lonely festive period,  
we welcome you to join us!

There'll be good food and entertainment to enjoy with new friends, all  
hosted by the Age UK Teesside team.

Spaces are limited so book soon to avoid disappointment .

**Call 01642 805500 to book your place**







Join our team of Santas as they abseil from Middlesbrough's Transporter Bridge this December—the ultimate festive challenge and all for a good cause; repel 165ft in your cosy Santa suit (included) and raise money for older people this Christmas. Leading the charge will be our own Deputy CEO Paul Hassack—are you brave enough to join him?







Teesside  
**ageUK**  
Love later life



**£15  
PER PERSON**

**York Christmas Festival**

**FESTIVE BUS TRIP**

**SATURDAY 25TH NOVEMBER 2017**

**Only 1 Week to Go—Do You Have Your Ticket Ready?**

To take part in any of our fundraisers or take on a challenge for Age UK Teesside contact Laura on 01642 803326

# Better Health Better Wealth

Helping Stockton over-65s to improve their health and finances

Thanks to the support of Stockton Borough Council Better Care Fund, Age UK Teesside is delivering a free service in the borough which is helping to transform the lives of older people.

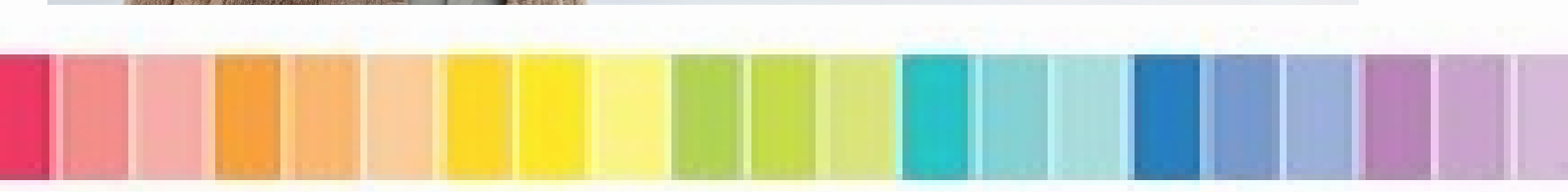
The Better Health Better Wealth initiative, for residents aged over 65, offers free:

- ⇒ Welfare and benefits checks.
- ⇒ Support to access health and wellbeing services.
- ⇒ Social activities in local communities.
- ⇒ Practical help through our befriending service.
- ⇒ Social care referrals for homecare, aids and adaptations.
- ⇒ Referral to other agencies to meet other wellbeing needs.



Call **01642 803324**

to speak with a member of  
the **Better Health Better  
Wealth** team for more  
information, or to book an  
assessment, for you or  
someone you know.







# 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



# Better Health Better Wealth!

## Groups!

### Lunch 'N' Social

**Last Friday** of every month, **11am-1pm.**

Newtown Community Resource Centre

Sessions are £1 including light lunch

### Billingham Buddies

**Thursdays 1.30 – 3.30pm**

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 free.

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

### Zumba Gold Class

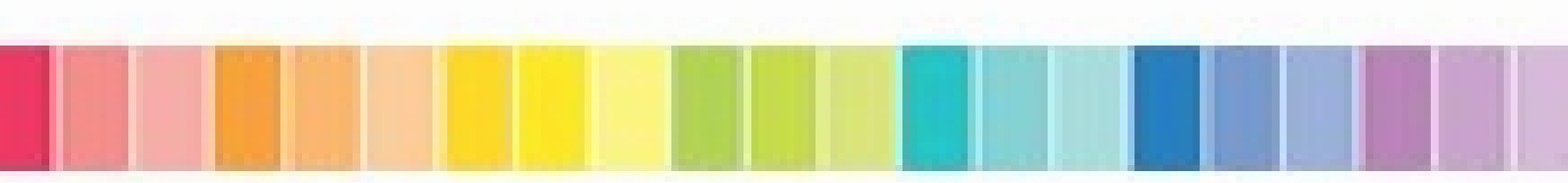
**Monday from 2.00pm -3.00pm**

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.***





## Are you Winter-Ready?

Make sure you are prepared for Winter!

Contact Age UK Teesside's BHBW team to arrange a BHBW home visit.

Winter warmth packs are also available.

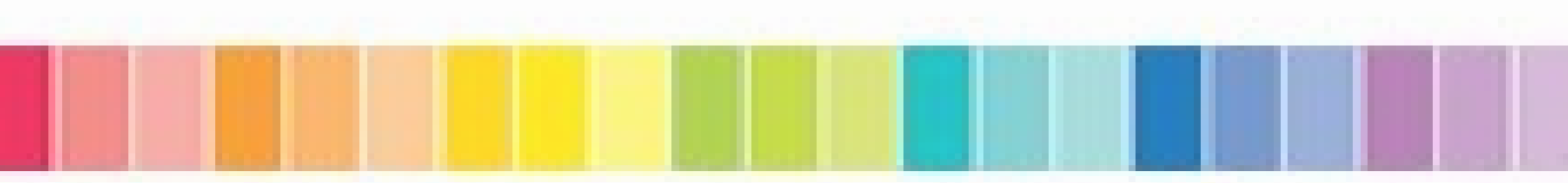


### IS YOUR BOILER WINTER-READY?

Are you are a home owner? If so, call the Better Health Better Wealth team to see if you are eligible for a free or discounted combi- boiler service from Barratt & Sons Heating & Plumbing.

**01642 80 33 24**

Eligibility criteria apply.







# Stay Safe & Warm!

You don't have to be  
cold this winter



## Struggling to stay warm in your home?

*Inadequate heating? Can't afford to have your heating on? Boiler broken down?*

We can help by providing advice and:

· Portable heaters · Thermal blankets · Torches · Wind-up lanterns · Flasks

**Stay Safe & Warm is available to anyone in need. It's free and there's no means testing or age restrictions.**



If you or someone you know could benefit from this service, please contact a member of our team on **01429 874063**.

# Stay Safe & Warm in your home!

The Stay Safe & Warm campaign was launched in November 2008, to help residents struggling to afford to heat their homes, particularly during the colder months.

Cleveland Fire Brigade works with a number of partners to:

- raise the awareness of dangers faced by people who struggle to keep warm
- highlight the support and help available to them

## Who is eligible?

There is **no criteria** other than you or someone you know is at risk of the effects of cold, either long or short term.

For instance, if a boiler breaks down and parts are on order or when a heating system has been condemned and the resident is unable to pay for replacement or repairs.

Some people simply cannot afford to have the heating on or their existing heating supply is inadequate and fails to heat their property.

Our recipients range from 16 years old to 94.

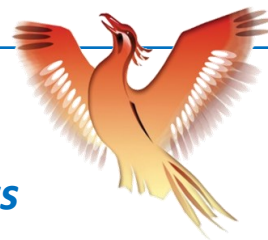


@ClevelandFB



/ClevelandFB

[www.clevelandfire.gov.uk/warm](http://www.clevelandfire.gov.uk/warm)



# **Phoenix 2017**

## ***Mondays***

### **Carpet Bowls**

Fun, Social, Group (Bring a packed lunch)

10.30am – 2.00pm

## ***Tuesdays***

### **Lunch n Social**

Come along and make new friends, enjoy Dominoes,

Scrabble, Chess or tackle a jigsaw!

Light lunch plus refreshments provided.

£3.00 per session (catering) Or bring a packed lunch.

11.30am – 2.30pm

Booking essential contact Tina for details.

**Podiatry Service** Contact Tina for details and appointments.

## ***Wednesday***

### **Chair Exercise & Reminiscence Activities**

**12 noon – 1pm**

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

## ***Thursdays***

**Craft sessions** – Knitting, Embroidery, Card -making,

Crochet – or bring along your own craft/idea?

10am – 12noon

Contact Tina

## ***Fridays***

### **Friendship Friday**

Enjoy a Quiz, Raffle and a game of Bingo!

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

Fish n Chip lunch (£4.30) or bring a packed lunch.

10.30am – 2.30pm

Booking essential contact Tina

## ***Saturday***

**Zumba Gold** – Shake it at your own pace – A class for all abilities!

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

Contact Glyn for times and venue

Tel: 07512 661895.

***Contact Tina on 01642 803328 or reception on 01642 805500  
for further details regarding Phoenix activities***



# Community Hub Advice Service



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

# Over 50? Need Benefit Advice?

Age UK Teesside will be holding Benefit Advice Sessions every Monday and Thursday from Westfield Farm, Dormanstown.



Providing advice & support with:

- \* **BENEFIT CHECKS**
- \* **ADVICE ON ALL BENEFITS**
- \* **FORM FILLING**
- \* **CHALLENGE BENEFIT DECISIONS**



Benefits & Issues

For appointments please call:

**01642 80 55 00** DROP-IN SERVICE AVAILABLE

Open: 9.00am-4.30pm (*Last appointment 3.00pm*)

**Every Monday & Thursday**

Westfield Farm, The Green, Redcar, TS10 5NA

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



## 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**



## Christmas Sales!

We have an assortment of Christmas goodies available for sale in our Borough Road Office—all proceeds go to running our services! Pop in and take home some novelty gifts for your loved ones.





## ***Good to know! Useful Contacts in Teesside!***

**Age UK Teesside** 01642 805500

**Age UK Factsheets** (All services) 0800 009966 -Freephone

**Age UK Legal Services** (Will Making) 0845 6851078

**Adult social services** (Middlesbrough) 01642 726004

**Staying Put Agency** (Middlesbrough) 0800 5875184

**Community Warden** (Middlesbrough) 01642 228500

**Welfare Benefits – Financial Inclusion Group & Age UK In Partnership:**

*Grove Hill community hub – Tel 01642 278444*

*Thorntree community hub – Tel 01642 246827*

*North-Ormesby community hub – Tel 01642 726190*

*Hemlington Library – Tel 01642 591918*

*Newport Settlement community hub – Tel 01642 802892*

**Health watch** (Need a new GP or Dentist?) 0808 172 9559 -Freephone

**Talking Matters** (Mental Health services) 0300 3305470 -Freephone

**EVA** (Women's aid and Rape Crisis) 01642 490677

**Cleveland Fire Brigade** (Free Home Fire-Safety Visit) 01429 874063

***Thank you for supporting Age UK Teesside***

***Dorothy Rose House, 190 Borough road, Middlesbrough, TS1 2EH***

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

***01642 80 55 00***

