

# January 2018 Newsletter



After the excitement of the holidays it's nice to be back in the office and seeing all of our service users once more. All of our groups are meeting as usual and we have a new IT group for January, based out of the South Thornaby Community Centre.

Plans for 2018 are underway, with this year's Full of Life Event set to be a fantastic event that you won't want to miss this summer.

This month's issue of the Age UK Teesside Newsletter will take a look back over our Christmas festivities with some special mentions for the people and organisations who donated food and time to support them.



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## Festive Donations

We received a number of generous donations from local groups and organisations towards our festive events, to whom we would like to say a big thank you!

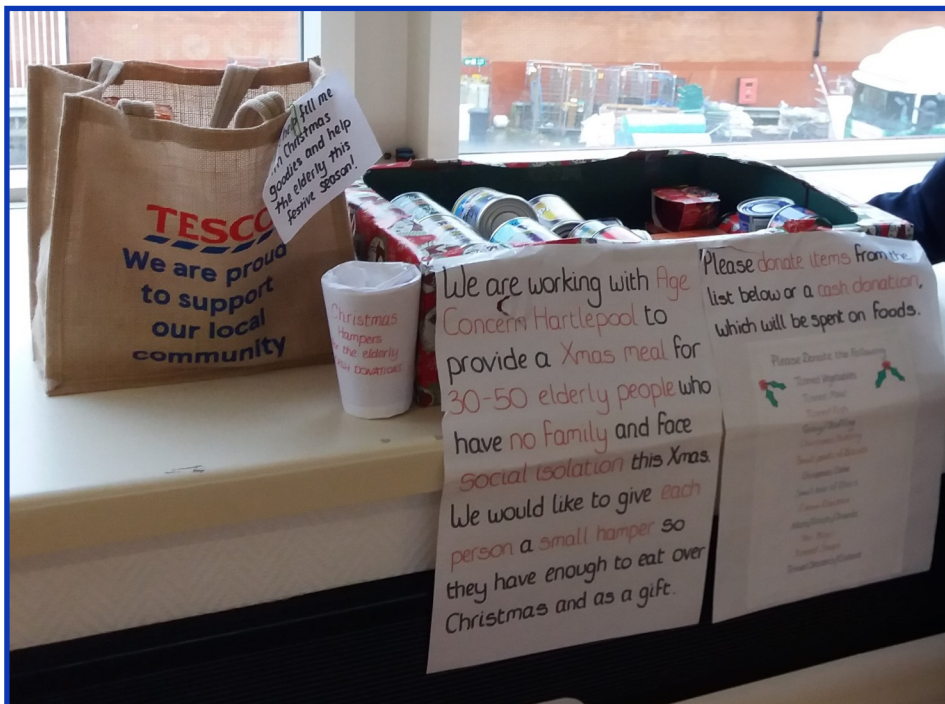
Goodie bags and hampers were donated for our festive lunch guests in Hartlepool by staff and shoppers from Tesco Extra on Burn Road. Selina Wilson (pictured below left with Anne Sykes) collected items from colleagues and received support from Hartlepool Foodbank to provide us with lovely food/gift hampers that we handed out to our happy clients.

Goodie bags were also donated this year from the Stockton group, Youth Direction; whose young people created snowman-themed bags of treats, modelled (below right) by Debbie.



**no one  
should  
have no  
one at  
Christmas**

We are grateful for all contributions made to make Christmas 2017 the wonderful celebration it was for our service users; we can only throw our festive get-togethers and bring cheer to the elderly community of Teesside with the support of local people and businesses.



## Festive Lunches 2017

### Redcar



On Friday 22nd December, in Newcomen Church Hall, we returned to Redcar for the second year in a row, to host our Festive Lunch.



The atmosphere was wonderfully festive and everyone had a fantastic time celebrating together. Guests took part in Christmas quizzes and enjoyed a variety of food with a huge variety of sandwiches and pies donated by the Stottie Company for both the Redcar and Hartlepool lunches.

Entertainment was provided by the talented Bill Chapman, who had everyone dancing around the hall, including our CEO Anne Sykes (seen dancing above), leading up to a lively conga which can be seen on our Facebook page.



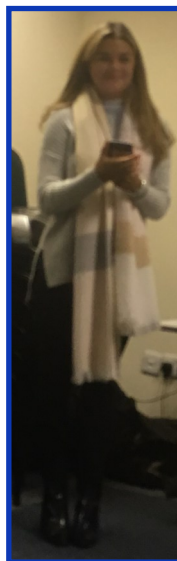
## Hartlepool

**TESCO**  
*Extra*



2017 saw our first Festive Lunch in Hartlepool, held in the Belle Vue Centre on Thursday 21st December. Musical entertainment was provided by the talented 19-year old soprano, Emily Bullock (below centre), who also performed at our Carol Concert.

Guests received goodie bags provided by Tesco Extra on Burn Road, as well as a few wonderful prizes who went to our raffle winners of the day.



## Christmas Hampers

Thanks to all of the generous donations we received, we were able to provide a number of our clients with a little Christmas treat in the form of hampers/goodie



-bags.

Anne and Louise, from the Borough Road office, donned their Santa hats and set out to deliver the goodies across Teesside (sans reindeer and sleigh); they delivered the Christmas gifts and some welcome cheer to our service users.



# Phoenix Friendship Friday 2018

Dorothy Rose House, 190 Borough Road, Middlesbrough  
10.30am – 2.00pm



Enjoy fish n chips or bring a packed lunch

Unlimited Tea or Coffee @ 60p

Meet old and make new friends

Play Prize Bingo and a Quiz for fun!

Bring along a Raffle prize

And enjoy our raffle

DATE	MONTH
5	January
19	January
2	February
16	February
2	March
16	March
6	April Easter Bonnet Competition & Raffle
20	April
4	May
18	May
1	June
15	June
6	July
20	July
3	August
17	August
7	September
21	September
5	October
19	October
2	November
16	November
7	December
21	Christmas Party & Raffle

# 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!

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

Contact Glyn for times and venue Tel .07512 661895.

**For more information call Tina**

**on 01642 803328**



# Phoenix: Christmas Parties



**Lunch 'N' Social**

The Christmas Lunch 'n' Social party was supported, and funded, by team Santander under the "Discovery day " event .

We had 25 clients attend and participants enjoyed a Christmas quiz , musical Prize Bingo and a Christmas buffet lunch. We had team Santander on board to support and enjoy time with the clients and everyone received a Christmas gift.

**Thank you Team Santander.**





## Lunch 'N' Social



## Friendship Friday



Friendship Friday Christmas party supported by our fantastic team of volunteers – from left to right Ursula, Ken, Tanya, Sheila and Dean (and Tina in the middle).

Fantastic support from our local community towards our Christmas raffle with donations from Tesco, Bellevue Fisheries, Michelle's hair salon and Gala Bingo to name a few !!

## Affordable Warmth

This month there are two pieces of good news from the Warm Front -

*"First the age range for eligibility has been extended so that now anyone over 55 who lives in Middlesbrough can get a free energy visit from me.*

*Second I'm pleased to say I passed all my exams for the Level 3 Energy Awareness City & Guilds (6281-01) so I'm now qualified to a lot more than just the energy switching. As well as basic stuff to do with bills such as reading your meters and phoning these in for you, I can negotiate on your behalf with your energy company, for example if they've put up your direct debits and you think they're too high. I can give advice about central heating and can programme most controllers to the right settings and operating times to suit each household's individual needs and I know how to operate your radiator valves so you can vary the temperature from room to room.*

*I can work out the running costs of domestic appliances so you can see where your money is going and suggest ways to save.*

*My training covered wider issues such as condensation, damp and double glazing so I can help get to the bottom of problems with any of these too. We even covered wood burning stoves, renewables and feed in tariffs so ask me a question, please.*

*If that's not enough I have a box full of goodies to give away such as microwave cookbooks and low energy light bulbs. The service is free so please give me a call about anything at all to do with energy and I will be happy to come out and see you."*

**- Anne Hollifield, Affordable Warmth, Age UK Teesside**



**All Middlesbrough residents aged 55+ can get a free energy visit!**

# Warm and healthy homes

**Do you live in Middlesbrough?**

**Are you over 55?**

**We can help you stay warm this winter**

Residents in Middlesbrough who are over 55 can get a home visit

- Get help with fuel bills
- How to shop around for the best deal
- Help to switch to a cheaper deal if you need it
- Claim everything you're entitled to
- Tips to save energy
- Emergency heating and more ...

Cold Homes are not nice to live in and can make health conditions worse. We can help make your home warm and keep you healthy during the winter months.

Why not contact us and see if we can help you keep warm, keep healthy and save money.

You can either fill in the form below and give it in to Age UK, or give us a call.



MIDDLESBROUGH  
AFFORDABLE  
WARMTH  
PARTNERSHIP

**Phone Anne at Age UK Teesside  
to arrange a home visit  
01642 805500**



## Music in Hospitals



On December 20th we had a special pre-Christmas Music in Hospitals courtesy of Varnah Music Group, who provided our service users with a marvellous, musical performance.

Call today and book your place for the next Music in Hospitals performance:



**01642 80 55 00**

**Professional Musicians will be Performing Live!**  
at the LiveWell Dementia Hub, Thorntree Road,  
Thornaby, on the following date:

**Wednesday 21 February 2018**  
**1:00 pm**

**Ged Camille &  
Paddy Villiers Stuart**  
singer, guitarist, percussion

**Free snacks and refreshments provided!**

As seating is limited, please call Age UK Teesside  
on 01642 805500 to book your free place

These concerts have been made possible thanks to the generosity of  
Stockton Borough Council's Non-Recurring Community Arts Grant





# 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.

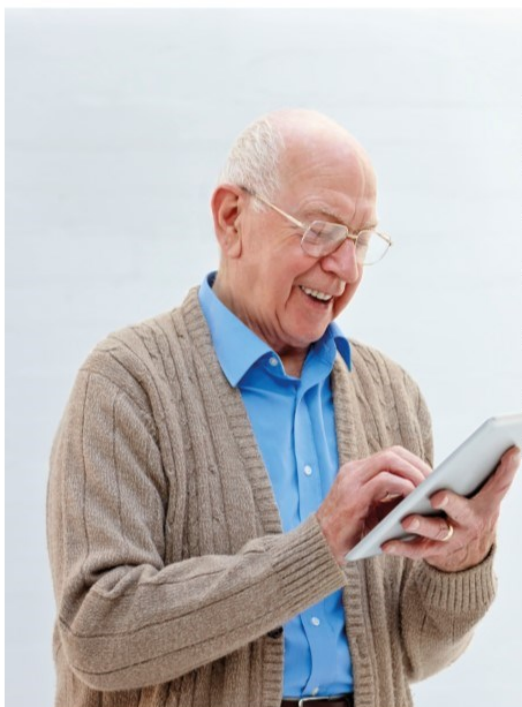
I-Tees' Group meet every **Tuesday**,  
with sessions running from **10.00am**  
to **12.00pm**.

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**

## **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.***



## Meet-Ups in Teesside

[Yarm Medical Practice](#) are offering an invitation to their patients to attend a coffee morning hosted by Care Coordinator, **Karen Heath** and **Lynda Westland** from Teesside Age UK. If you have questions about service provision or groups and activities in the area this is a good time to find out what is available. It is also a great opportunity to socialise, meet and chat with other patients.

The coffee morning will be held in Yarm Medical practice on the first floor (there is a lift available) on Monday 12th February 2018 from 11am – 12.30pm.



***Care Coordinators are available in most GP practices across Hartlepool and Stockton.***

***If you are an elderly patient in need of advice or support please contact your GP practice and ask if they have a Care Coordinator you could be referred to.***

# Community Hub Advice Service



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



## Funding

Pictured below is CEO Anne accepting a cheque from ASDA representative Michaela for £200; this donation was collected by ASDA, Portrack Lane, via their Green Coin Scheme



## OPP

Redcar and Cleveland's Older People Partnership 's Christmas celebration at Tuned-In, Redcar.



## 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**





**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](http://www.ageuk.org.uk/lotto)



38



15



5



11

**Only £1  
per entry**

## ***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***





*Thank You  
for all of your Support  
in 2017*

