

**JAN
2019**



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Happy New Year

2019 is going to be an exciting year for Age UK Teesside, with projects and services being extended, new events and some returning, such as 2 Bark in the Park fundraisers and so much more. To all of our service users, volunteers and colleagues, we look forward to a wonderful year ahead.

In 2018, we held four festive lunches across Teesside for older people to come together and enjoy an afternoon with new friends, food and fun. The following pages are full of photographs from our Festive events—we hope everyone had a wonderful time and we look forward to seeing you all again next year.

Redcar Festive Lunch

Our first festive lunch was held at the Redcar Literary Institute on Monday 17th December. Redcar residents, volunteers and staff got into the Christmas spirit with a buffet lunch, quizzes and a raffle.





Stockton Festive Lunch

Stockton's festive lunch marked the final working day of 2018 for our office. Held at the Robert Atkinson Centre, the majority of staff attended and we even had a special visit from CEO Anne's daughter and granddaughter.







Hartlepool Festive Lunch

Held at ST Matthew's Community Centre, the Hartlepool festive lunch played host to a special guest; H'Angus the monkey. Hartlepool United's official mascot said hello to the guests and posed for pictures with staff and volunteers during his visit, making time for a quick dance before saying goodbye.



Middlesbrough Festive Lunch

The Trinity Centre in North Ormesby was the venue for our Carol Service and our Middlesbrough-based Festive celebration in 2018. Everyone had a wonderful time with food, games and live music from Bill Chapman.

All of our lunches were catered for by Glenda's Kitchen, to whom we would like to say a well-earned thank you the lovely food they provided.



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

Launching Monday 6th August

Live Well Dementia Hub

Thornaby



Walking Group Schedule (January-April 2019)

January 2019

7th	Teesside Barrage
14th	Preston Park
21st	Ropner Park
28th	Preston Park



Feb 2019

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

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	Preston Park
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.

Bark in the Park, our sponsored dog-walk will return, once in Summer and again at Christmas time.

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**

Jason Wood

It is with great sadness that we learned of the passing of Jason Wood.

Jason took part in our Santa’s on the Bridge Abseil on the 9th December with his team of 9 colleagues from Morrison’s in Teesside Park helping to raise over £5000 to support lonely and isolated older people in Teesside.

Our thoughts are with Jason’s family, friends and colleagues at this sad time.



FEATURING
Fun Companion Dog Show
Starts 12.30pm

CALLING ALL DOGS!



BARK IN THE PARK

SUNDAY **28 JULY 2019**



**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**

To sign up please call
01642 443727 or 07921 464126
or sign up online at
www.ageuk.org.uk/teesside
Email: laura.wedgwood@ageukteesside.org.uk

ALL PROCEEDS
IN AID OF

Registered Charity No 702714

 **Teesside
ageUK**
Love later life

DANCE THROUGH TIME

FROM THE 1930'S TO
THE MUSIC OF TODAY

with



ZUMBA
WITH GLYN

ZUMBATHON



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**

 **Teesside**
ageUK
Love Later Life



WALK AGAINST LONELINESS

Together we can help reduce loneliness & isolation in Teesside



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


Teesside
ageUK
Love later life



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

Supported by the Alzheimer's Society

Alzheimer's Society in England, Wales and Northern Ireland.
Registered Charity No. 296645


Middlesbrough
moving forward

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

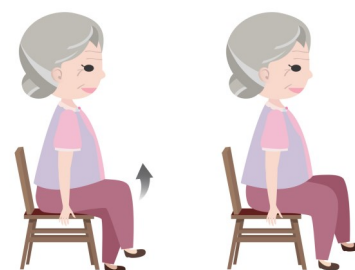
Chair exercise is a fun seated workout for people living with dementia, including a vast range of gentle exercises without leaving your chair. Join in and reap the physical benefits all whilst having fun with friends and reminiscing about past times.

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

Phoenix Friendship Friday 2019

St Cuthberts Church Hall, Stokesley Road, Marton



Enjoy fish & chips or bring a packed lunch, meet old and make new friends. Play prize Bingo and a Quiz for fun! Bring along a raffle prize and enjoy our raffle.

Admission £2 to include refreshments

DATE	MONTH
11	January
25	January
8	February
22	February
8	March
22	March
5	April
26	April Easter Bonnet Competition & Raffle
10	May
24	May
7	June
21	June
5	July
19	July
2	August
16	August
30	August
13	September
27	September
11	October
25	October
8	November
22	November
6	December 20 th December Christmas Celebration & Raffle

Friendship Friday



Enjoy a Quiz, Raffle and Prize Bingo!
Bingo & Raffle tickets available to purchase
(bring along a raffle prize)
Fish n Chip lunch £4.60 or bring a packed lunch.
11.15am – 2.30pm

£2.00 Admission (includes refreshments)

Do you live in Teesside? Want to be more socially active? Join our Friendship Friday group!

At St Cuthbert's Church Hall
Stokesley Rd
Marton
Middlesbrough TS7 8JU

For more information please call

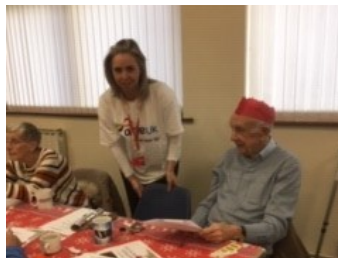
01642 433 723

email tina.bonner@ageukteesside.org.uk

or visit www.ageukteesside.org.uk

Age UK Teesside is a charitable company limited by guarantee and registered in England and Wales
Registered Charity Number: 702714
Company Number: 2152353
190 Borough Road Middlesbrough TS1 2EH





Friendship Friday Christmas Party

Phoenix's Friendship Friday group enjoyed a Christmas celebration with gifts, food and the usual friendly faces on December 21st.

The group meet every fortnight at St Cuthberts Church Hall in Middlesbrough. Booking is essential as it is such a popular group. If you would like to attend, call Tina today on 01642 433 723.



Santander Discovery Day

Lunch and Social Xmas Party

The Phoenix Lunch & Social group had a special 'Deck the Halls' Christmas Party, funded by Santander. Santander are great supporters of Age UK Teesside; Santander staff have been volunteering with the Phoenix groups for several years and have taken part in fundraisers in the past.

Santander have funded several events for Phoenix groups over the years, including Christmas parties and afternoon tea, for which we are very grateful.

The Lunch & Social group meet every Tuesday at the North Ormesby Community Hub, from 11:00—2:00.



Carpet Bowls Christmas Party

The Carpet Bowls group met for Christmas celebrations on Monday 17th December and they look like they got into the festive spirit.

The group meet every Monday, as part of the Phoenix project, at the Grove Hill Community Hub, to play indoor bowls and enjoy each other's company.





Christmas Gifts

Santander's generosity extended to donated gift boxes over the Christmas period, which were delivered to older people in Teesside. Recipients were thrilled to receive their surprise presents and we are grateful, as always, to Santander and all of our supporters for their kind donations.



The Beeches Care Home

Green Lane, Newtown, Stockton on Tees, TS19 0FH

Tel: 01642 618818

Email: beeches@hillcare.net

Coffee Morning

Thursday 24th January 2019

10.30am



We will be holding an open day and Coffee morning, come along and have a look around the home and enjoy a homemade cake and a cuppa with our Activities Coordinator.

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

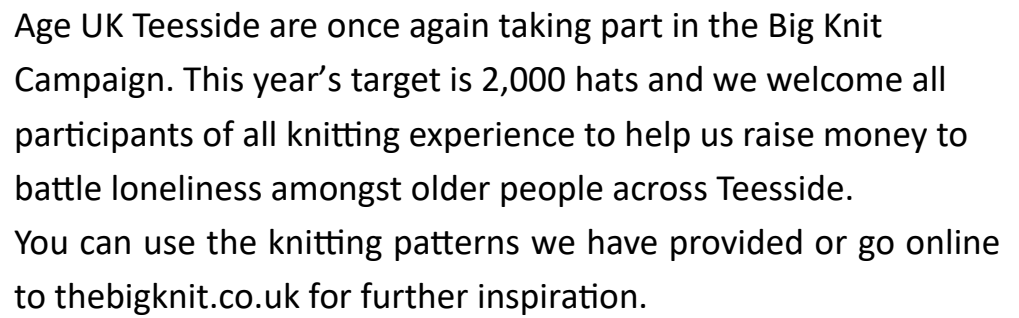
Or call:

01642 80 55 00

Supported By:

MACMILLAN
CANCER SUPPORT

NHS
Northern
Cancer Alliance



Thank you to all those wonderful knitters taking part, we have already submitted 807 hats but still have a long way to go; if you would like to participate or you know of a craft group that would like to join in the Big Knit then please call Tina.



intermediate crochet pattern by Juliet Bernard

Crochet hook: 3.5mm

You will be working in spirals so you might like to use a locking stitch marker to keep track of the round.

Using the magic loop technique and red yarn make 6dcs into the ring. Join with a ss.

Round 12: change to yellow, 1dc in each st

Fasten off and sew in ends.

Ormesby Road, Middlesbrough, TS3 7SF



Abbreviations: ch – chain | st(s) – stitch(es) | dc – double crochet | ss – slip stitch



beginner pattern by Juliet Bernard

Yarn: Blue and white DK

Needles: 4mm

Hat

Cast on 31 sts in white

Row 1: k1, *p1, k1 repeat from *to end of row

Row 2: p1, *k1, p1 repeat from *to end of row

Change to blue and beginning with a knit row work 12 rows in st st

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.

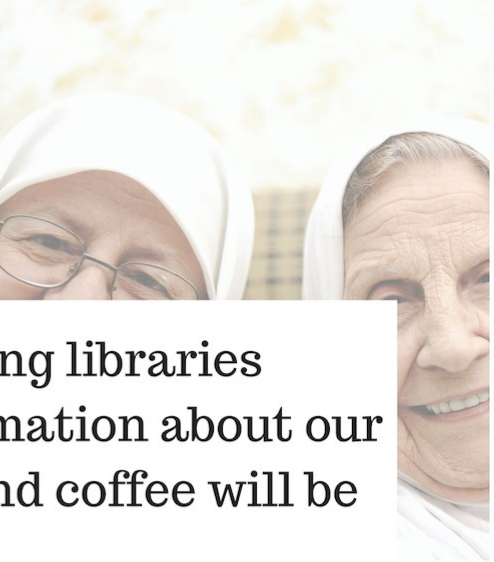


Make a pompom in blue and sew securely to top of the hat.



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





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

The Hartlepool Befriending Network has a strong team of 21 volunteers who give up their time to enrich the lives of our elderly residents.

Martin, one of our volunteers gives us an insight into the recruitment process:

"I first learned about the Hartlepool Befriending Network after reading an article in the Age UK Teesside Newsletter. After looking at the Age UK website I thought that the work they do is really worthwhile, their vision is 'to make the UK a great place to grow older. I enjoy meeting people and listening to their stories so thought I would enjoy visiting someone for a chat once a week as a befriender.

I called Pamela who works as the Hartlepool Befriending Coordinator for an informal chat and we arranged to meet up to discuss things in more detail. I decided I would like to get involved and Pamela explained the process so I knew what information was needed and how long it might take to be introduced to someone.

The process was straightforward and it helped attending a 2 hour briefing session where the role was explained in more detail and I was given all the information I would need to start volunteering.

I was introduced to a wonderful lady called Ruby, she has led an incredibly interesting life up to now and having the chance to hear her stories is so rewarding. The best classroom in the world is at the feet of an elderly person.

The 1-2 hours a week or so I spend volunteering with Age UK Teesside as a befriender are among the most rewarding of all the hours in my life. If anyone is interested in volunteering I can say from my experience that you will be supported, valued and given a great opportunity to do something really special. "

If you feel you could offer an hour or two out of your week to visit someone like Ruby then why not give Pam a call ?

For more information contact Pam Cairns on 07808 3061

Or Pam.Cairns@Ageukteesside.org.uk



Redcar Befriending Service

Redcar and Cleveland Befriending Service were very fortunate to be approached by Tees Valley Rural Community Council (TVRCC) as a part of their 'All Wrapped up' project. This project allowed us to nominate a number of our elderly clients across more rural areas of Redcar and Cleveland to receive a random act of kindness, a wrapped Christmas box full of treats for Christmas day supplied to us kindly from the staff and volunteers at TVRCC.

Our clients were not told they would be receiving these gifts, so were happily surprised when they were visited by the befriending team who delivered them. The Clients were all so happy and grateful to have been selected to receive their early Christmas presents as you can see below.



We would like to say a huge thank you to staff and volunteers at Tees Valley Rural Community Council for selecting Age UK Teesside for this project and for allowing us to provide our clients with this act of kindness, especially at what can be such a lonely time of the year.

Another exciting project which we were delighted to be involved in over the festive period was organised by Josh Newell-Brown, of Signals Bar and Bistro, Saltburn. The event named '**We are Family**' was organised to reduce loneliness for people in the area by offering an open door, warm hug and bacon sandwich on Christmas morning. All donations from this event were to be donated to Age UK Teesside to allow us to continue our fight against loneliness for elderly people within Teesside. We have been blown away by the generosity and the event raised a fantastic £1089.24.





We want to take this opportunity to thank Josh, all staff and volunteers and the generosity of the people who kindly donated and supported such a worthwhile event.

As we enter a new year here at Age UK Teesside we are still very aware that many of our elderly clients feel they are growing old in a new and modern world, and feeling somewhat left behind by the advances in technology. Having this in mind led to Redcar and Cleveland's befriending service implementing Silver Surfers back in late 2018 with the IT support group lead by a volunteer in Marske Library every week. We are now really pleased to welcome our new volunteer Keith to Redcar and Cleveland's growing befriending volunteer team. Keith has been recruited to offer IT support on a one to one basis within people's homes across the borough, specifically aimed at those clients who cannot access groups such as Silver Surfers. We are really excited to be able to offer this support in addition to our regular befriending, and feel it will give our elderly community another avenue to reduce the loneliness and isolation they are experiencing through the various opportunities available within modern technology such as Skype, FaceTime or just browsing the internet for keeping up to date on what's going on in the world around them.



Finally, in addition to welcoming Keith to our growing befriending team we are also pleased to welcome a further 3 great volunteers to Redcar and Cleveland's befriending service. All of our new volunteers took part in a volunteer induction afternoon, where they also participated in the first Dementia Friends session held by Amanda and Robynne. The team are very excited to continue to raise awareness of Dementia across the Borough with the support of the Volunteer team. We look forward to another exciting year within Redcar and Cleveland, and hope to continue to see the service grow and continue to offer support, care and opportunity to the elderly people across the borough in 2019!



For more information contact Amanda Bowstead on 07921464126

Or Amanda.bowstead@ageukteesside.org.uk

Or Robynne.orton@ageukteesside.org.uk



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

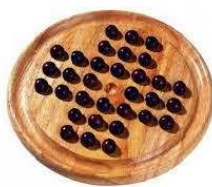
18th April 12.30—2.30pm

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.





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

Information & Advice-Middlesbrough (Sue Danes)

The welfare benefits service is invaluable to our clients; it is a well used and trusted service and we work very hard to ensure that each and every client receives their full entitlement. Very often the award the client receives changes their life, especially if the client has been struggling financially. Clients can also be signposted for any further support they need in areas such as mental health support, debt advice or befriending.

Recent figures show that from 2013 to date, 3877 clients have been seen at the hubs under the FIG project and an estimated £8.9 million gained in annual awards; these awards have lifted many out of hardship and financial struggles. From the various projects Sue Danes has worked on at Age UK Teesside from 2015 to date, she has generated an estimated annual amount of £945,000 in benefit awards for our clients and looking forward to hitting the cool million!!

The benefit system is complicated and can be very confusing to our clients, especially now with the full roll out of Universal credit in our area. Sue would urge anyone who has a change of circumstance to get sound advice as you may be affected by this new benefit.

In general, we would urge people to get their benefits checked. It's not always easy to sit in front of someone you don't know and give details of your circumstances but you will always be made welcome and never judged. You may be entitled to benefit or additional benefits which you were not aware of as the two following cases demonstrate.

Mr and Mrs J visited the hub for help with completion of a PIP form just before Christmas. I asked them to bring relevant paperwork to a further appointment as the amount they received did not seem correct. I discovered that a severe disability premium should have been paid for Mrs J in pension credit calculation, since a change in circumstance in 2015. A new claim was made and another for the backdated payment; the clients have since informed me that they have been notified by DWP that full arrears will be paid at £11,300. The couples benefit amount will also rise by £64.30 per week.

Mr B visited the hub for help with completion of a benefit review form. I discovered that a severe disability premium, to which both he and his wife were entitled, had not been calculated in their pension credit award. Mr and Mrs B were initially awarded approximately £1800 for 3 months backdated, however I advised to challenge this with a mandatory reconsideration request, which we did and they received full backdating of approx. another £7.500. The client's pension credit award was also recalculated and they are entitled to an extra £128.60 per week.

“Can I just end by wishing all of my client's old and new, a peaceful, happy and healthy new year, it has been my pleasure to work with you.” - Sue Danes

Trustees Wanted

3.6 million ... older people in the UK live alone, of whom over 2 million are aged 75+.	1.9 million ... older people often feel ignored or invisible.	15 cigarettes Loneliness can be as harmful for our health as smoking 15 cigarettes a day.
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Age UK Teesside is a charity that works with and for the older people in our community across the 4 Boroughs of Teesside. The charity is keen to appoint 3 new Trustees to the Board and are looking for dynamic and committed people who can make a difference to join our very successful existing team.

In particular we are looking for skill sets which include:

- HR/employment law
- Safeguarding/social care experience
- Finance/business leader/economics

We are also seeking a qualified accountant to be our new honorary treasurer.

All of the above roles are voluntary.

Our Board meets 4-5 times per year and you are invited to join one of our Sub-Committees.

If you would like to support us, and be part of something great for older people in our community then please get in touch. In the first instance, please contact Hannah Bows, Chair of the Board of Trustees by emailing: hannah.bows@durham.ac.uk. An application form and Role Description is available on request.

Please include an up to date CV with your application.

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.

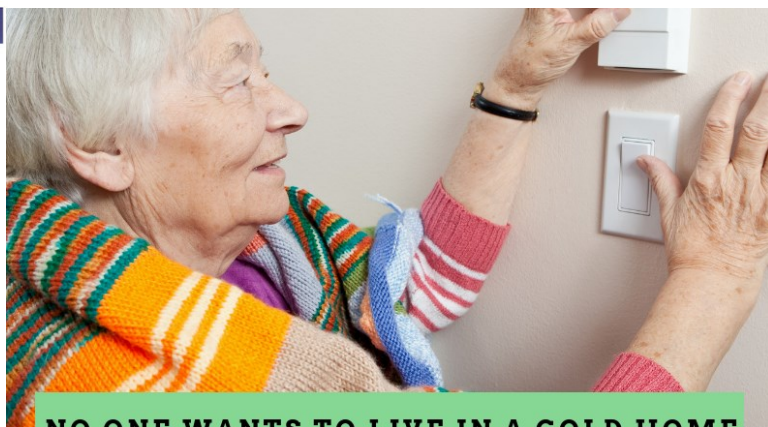
*All of our volunteers are DBS
checked and receive training
from Age UK Teesside.*

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

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