



AGE UK TEESSIDE NEWSLETTER





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Hartlepool Office Closure

On August 10th 2018, our office on York Road, Hartlepool will be closing in preparation for our new Age UK Teesside charity shop, which will be opening soon in Hartlepool.

For anyone interested in our Hartlepool Befriending Network, the service will be running as normal.

You can contact our coordinator Pam Cairns on 07808 306 184 or call our Middlesbrough office with any queries.

Stock Appeal



Age UK Teesside have a new retail development opening soon in Hartlepool. Donate your unwanted clothes and furniture to make a difference to people in later life. Call today for more information.

Call 01642 80 55 00



Bark in the Park



Age UK Teesside's first Bark in the Park event was held Sunday 22nd July and 61 furry friends attending the sponsored walk and dog-show. We would like to say a big thank you to everyone who came out on the day to show their support for Age UK Teesside and raise money for our services; the day was a fantastic success and we loved meeting all of the dogs and their owners.

Total money raised for the event was an astonishing £1883.34 with our top fundraiser, Mr Hendry, raising £300 in sponsorship. We appreciate all of your support and are grateful for all of the people who took part in the event, we look forward to seeing you all again next year.

















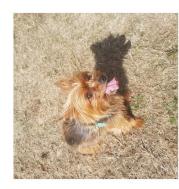


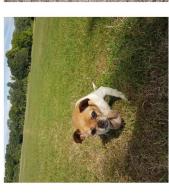






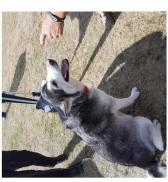






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Phoenix 2018

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





<u>Tuesdays</u>

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 01642 803328

At North Ormesby Community Hub

Derwent Street,

North Ormesby

Middlesbrough TS3 6JB

1.0.0



<u>Podiatry Service</u> 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

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 & Monday evening

<u>Zumba Gold – Shake it at your own pace – A class for all abilities!</u>

1st 6 sessions free for 50 +

Contact Glyn for times and venue Tel .07512 661895.

<u>Contact Tina 01642 803328 / Mobile 07834 181188</u> <u>or reception 01642 805500</u>

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 80 33 28

email tina.bonner@ageukteesside.org.uk or visit www.ageukteesside.org.uk







Better Health Better Wealth: Group Timetable

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.

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.

Phone the BHBW Team
on 01642 805500
to book your place for
any of our events/
groups.



Beginner Hat by Juliet Bernard



SIZE

To fit an innocent smoothie

YARN

Any DK weight yarn in a colour of your choice

deramores

YOU WILL ALSO NEED

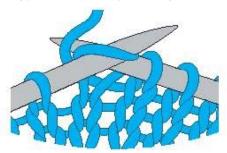
- · A pair of small Pony knitting needles (3.25mm-4mm)
- A sewing needle
- A bobble (optional)

TENSION

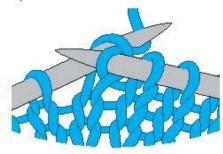
Tension is not critical for this project

HOW TO KNIT

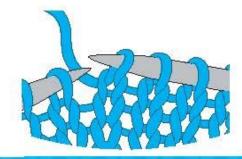
 Insert the tip of the right needle through the first loop on the left needle, from front to back. Then wrap the working yarn around the tip of the right needle



2. Pull the tip of the right needle and the yarn through the loop on the left needle



3. Slip the old loop off the left needle to complete the stitch. Continue knitting stitches in this way until all the stitches on the left needle have been knitted onto the right needle. You have now completed one row of the knit stitch. Now pat yourself on the back





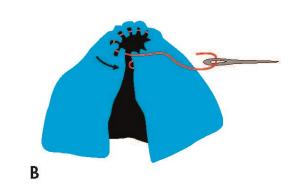
PATTERN

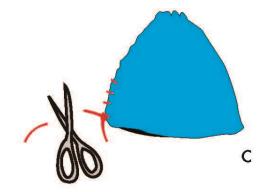
Hat

- 1. Pop your feet up with a cup of tea
- Using double knitting yarn and some small needles, cast on 28 stitches

- Knit 2 rows. Then, starting with a knit row, work in stocking stitch (knit 1 row, purl 1 row, knit 1 row etc) for 12 more rows
- 4. For the next row, knit 2 together to the end (14 stitches). And for the row after that, purl 2 together to the end (7 stitches)
- When you've finished, cut the yarn leaving about 25 cm. Thread the cut end of the yarn through a sewing needle, then run it through the loops and remove the knitting needle (fig. A)
- 6. Tighten the yarn (fig. B) and sew the little hat together at the side (fig. C). Once finished, turn it right-side out so that the seam you've just sewn runs up the inside
- 7. Just to check you're on the right track we reckon when laid out flat, the hat dimensions should be about 5-7cm along the bottom and at least 3cm high
- 8. Sew a little bobble onto the top of the hat. If you didn't learn how to make bobbles at school like us, ask at your local wool shop or department store, they'll be able to help you







Age UK Teesside are once again taking part in the Big Knit Campaign. This year's target is 2,000 hats and we welcome all participants of all knitting experience to help us raise money to battle loneliness amongst older people across Teesside. You can use the knitting pattern we have provided or go online to the bigknit.co.uk for further inspiration.

For more information, wool or to donate hats, please call Tina on:

01642 80 33 28

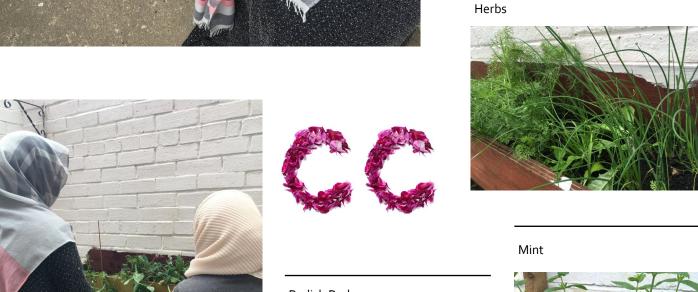


Culture Club

As part of our Diversity Project, the members of our Women's Health Group have been trying their hands at gardening, cultivating a variety of herbs and vegetables such as chard, mint and radish pods before harvesting the finished product.



Chard











Pop up Cafe

Street snacks - Refreshments - Board games
- Energy advice - Health information Entertainment - Festival Tours



Thursday 2nd August 2018 10—4pm

Cultures Café, Dovecot Street, just past Arc.

66 Dovecot St, TS18 1LL







For more information please contact:

Zumrat Khan on 07476657167 or Anne Hollifield on 07921 464108





Hartlepool Befriending Network

Volunteering opportunities available now!

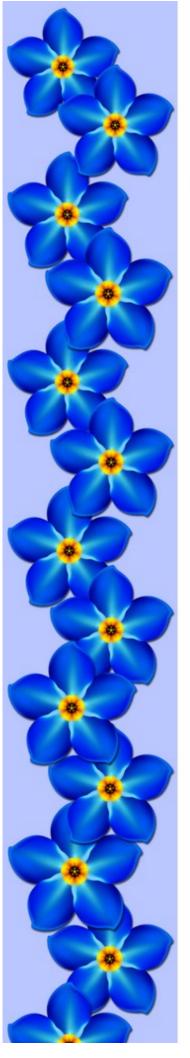
Interested in befriending individuals aged 65+ living within the Hartlepool Borough area? As a volunteer you will:

- 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, Befriending Co-ordinator

Tel: 07808 306184



M.C.S.T

Maintenance Cognitive Stimulation Therapy

A 12 week
structured
programme for
people with mild to
moderate
dementia.

MCST is a proven method of maintaining the mental wellbeing and cognitive ability of those living with dementia, whilst promoting choice, aiding recall, improving concentration and maximising individuals potential. Group sessions* stimulate the mind, whilst providing fun, friendship and inclusion.

*Session Fee will apply



For more information, please contact:
Tina 01642 803328
Gill 01642 803313







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











Music in Hospitals & Care is a UK charity bringing live music to people in hospitals and care settings across the UK. On Wednesday 11th July, Age UK Teesside and Music in Hospitals welcomed the Christine Rosemond Due for a live performance at the Live Well Dementia Hub in Thornaby. Clients and their carers enjoyed the musical performance plus refreshments during a brilliant, uplifting set that had everyone smiling.















Community Hub Middlesbrough 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

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



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



10:00am - 12:00noon Launching Monday 6th August Live Well Dementia Hub Thornaby

