

AGE UK TEESSIDE

MONTHLY NEWSLETTER - JULY 2019

WILL'S MONTH 2019



Add a little bit of body text

Will's Month 2019

Tilly Bailey & Irvine
law firm

tbi

TBI STOCKTON
01642 356 407

TBI HARTLEPOOL
01429 405 081

**A SINGLE WILL
COSTS £95 OR
£120 FOR A PAIR
OF MATCHING
WILLS.**



This special offer is available only during August, the solicitors are giving their time and expertise freely, all they ask is that you donate a minimum of £95 to Age UK Teesside in return for a single Will or a minimum of £120 for a pair of matching wills. In addition to benefitting from this fantastic offer and supporting Age UK Teesside you gain peace of mind, knowing that your loved ones will be provided for after your death and that your wishes will be carried out. Places are limited, so don't delay, act today!

Contact your local branch of Tilly Bailey & Irvine directly using the numbers below and quoting Age UK Teesside Wills Month.

Thank you, on behalf of your community, for enabling Age UK Teesside to provide expert advice, support and companionship to those in need.

Please remember that you will need to take your ID to your Wills appointment along with cash or a cheque to make your donation

Bark in the Park 2019

On Sunday 28th July we held our second Bark in the Park, sponsored dog walk at Preston Park. this year, 101 dogs took part in the sponsored walk, beating last year's 61, with even more participating in our Fun Companion Dog Show.

We had support on the day from sponsors Jacqui Patterson's Vets and radio DJ Chris Felton from TFM, who provided music for the day as well as assisting judge Pat Hogg with the dog show.

We are happy to report more than £2000 has been pledged and every £1 donated secures £40 in benefits for an older person in Teesside.

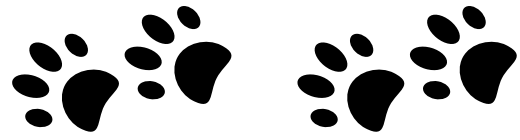
We are very grateful for all the support we received, from those who attended, volunteered, donated, shared the event on social media or simply spread the word, you all made the day the success it was.

A final thank you to the lovely dogs who were all very well behaved and congratulations to all of our winners.

We look forward to seeing you all again in December.



Bark in the Park 2019



B
I
T
P
19

pageant Royalty



CALLING ALL DOGS!



BARK IN THE PARK

SUNDAY 1 DEC 2019



Festive
fancy dress
welcome

**GET YOUR FRIENDS & FAMILY TOGETHER FOR A 3 MILE SPONSORED
WALK IN THE PARK. SUNDAY 1 DECEMBER 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
age UK
Love later life

Strollers & Stragglers



August 2019
5th Teesside Barrage
12th Preston Park
19th Stewart Park
26th Bank Holiday

September 2019
2nd Teesside Barrage
9th Ropner Park
16th Preston Park
23rd Norton
30th Stewart Park

October 2019
7th Teesside Barrage
14th Preston Park
21st Stewart Park
28th Norton

Mondays

10:00 - 12:00

A walking group for people with Dementia and their carers.*

Walking routes will rotate, including:

- **Tees Barrage**
- **Ropner Park**
- **Preston Park**
- **Thornaby**
- **Stewart Park**
- **Norton**

The session will include a local walk and refreshments in a social setting. If the weather is bad, the group will be doing activities at the LiveWell Hub within our Monday Mates group; all will be welcome to join this group.

Please contact Louise on
07737 213 018 or 01642 80 55 00
if you would like to attend.

*The sessions are open to anyone in the Teesside area to attend.

A large, stylized graphic of a phoenix bird in shades of orange and red, with its wings spread, positioned behind the title text.

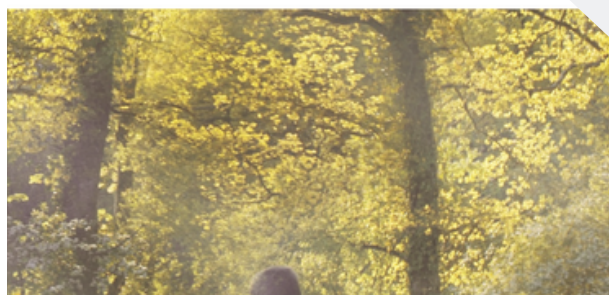
Phoenix

Walks

The Phoenix Walks group
will meet for the first time
on Friday 9th August.

10:30

Stewart's Park
The Grove,
Marton-in-Cleveland,
Middlesbrough
TS7 8AR

A photograph of a gravel path leading through a grassy area.

To book, call Tina on 01642 433 723

Phoenix Group Schedule 2019

Mondays

Carpet Bowls
Fun, Social, Group (Bring a packed lunch)
10.30am – 2.00pm
£1.00 per session

Grove Hill Community Hub
Bishopton Rd
Grove Hill
Middlesbrough TS4 2RP



Tuesdays

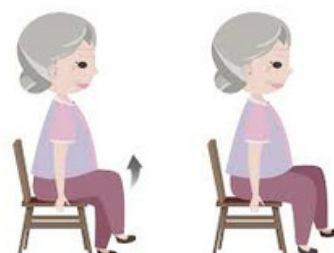
Lunch n Social
Come along and make new friends, enjoy Dominoes, Scrabble, Chess or tackle a jigsaw!
Light lunch plus refreshments provided.
£4.00 per session (catering) or bring a packed lunch.
11.00 am – 2.00pm
Booking essential contact Tina for details

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.

Grove Hill Community Hub
Bishopton Rd
Grove Hill
Middlesbrough TS4 2RP





Friendship Friday

Fridays

(every 2 weeks—see schedule below)

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

St Cuthbert's Church Hall

Stokesley Rd

Marton

Middlesbrough TS7 8JU

5 July
19 July

2 August
16 August
30 August

13 September
27 September

11 October
25 October

8 November
22 November

6 December
20th December

Saturday morning & Monday evening

Zumba Gold

A class for all abilities

1st 6 sessions free for 50 +

Contact Glyn for times and venue Tel .07512 661895.

**Contact Tina on 01642 433723/07834 181188
or Reception 01642 805500**



NOUVEAU
WELLBEING

PRESENTS

CHAIR EXERCISE

WEDNESDAY

10:00AM-11:00AM



GROVE HILL COMMUNITY
HUB

£2.00

INFO@NOUVEAUWELLBEING.COM
01642 566511



Age UK Teesside have a target of 2,000 little hats this year. Innocent smoothies will donate 25p for every hat; that's a minimum of £500 that will go towards keeping older people warm in Winter.

We would like to say a big thank you to Angela Stinton (below), Angel to her friends, for donating 100 little hats towards our Big Knit campaign. As this year's campaign draws to a close we are only a few hundred hats away from our target and still looking for knitters.



Please mail your little hats to us at:
The Dorothy Rose Suites (29-32)
The TAD Centre
Ormesby Road
Middlesbrough
TS3 7SF



MFC Match Buddies

Calling All Season Ticket Holders!

The MFC Match Buddies scheme aims to provide companionship and social interaction to older lonely people on match days.

Call Paula on 01642 80 55 00



Middlesbrough Befriending



What is Middlesbrough Befriending Service?

The clients.....

The volunteers at Middlesbrough Befriending Service are currently supporting 10 of our most lonely and socially isolated local residents and are providing tailored support to encourage social participation. Many clients need assistance in with establishing networks or re-establishing social connections and with a volunteer by their side it is often easier for people to make these links. For those clients who have been isolated for some time it's really important for the Service to promote positive ageing, improve access to services and to assist them in accessing appropriate information.

The volunteers.....

Volunteers come from a range of backgrounds, experiences and ages-ensuring a diverse volunteer base as well as an impressive range of skills! The recruitment process is robust but straightforward in that we believe that if someone wishes to offer their time freely, we ensure that application, interviewing, DBS checks and training as painless as possible. People come and volunteer

with Age UK Teesside for a variety of reasons, including wanting to give something back to their community. Volunteering as a Befriender also provides some volunteers with a focus and opportunity to address their own loneliness and offer companionship to others who are in a similar situation. These relationships not only provide mutual support but also offer commonality and shared experiences which is vital in a Befriending relationship.



The Service.....

Within the Befriending Service we are able to appropriately match clients with volunteers and offer regular, planned visits in the client's home initially. The service then supports volunteers to develop their relationships with clients and provides additional training as well as access to relevant information and advice. Often volunteers may be one of the few contacts to the outside world that some clients have so it's particularly important that volunteers are well trained and are aware of other support services. We can make referrals on behalf of clients to other organisation, such as Social Services - to help with care needs; The Fire Support Network - to help with odd jobs and gardening; Wag and Co - to link into their dog visiting scheme, and digital outreach services to help people make better use of their tablets and smart phones.

The service is funded by Middlesbrough Borough Council as part of their response to the Governments proposal to improve care and support for older people and to tackle loneliness. We are well positioned to continue to work with those who are struggling with their own loneliness and social isolation and working with community groups and residents we hope to develop and offer befriending to more of our older population.

If you would like to find out more about volunteering, the service or would like more information about how you can benefit from the Service, please call Paula Taylor on

01642
80 55 00



Hartlepool Befriending Network



The Hartlepool Befriending Network is pleased to be able to continue to work with and promote the work of Project 65. Working in partnership with Age UK, HBC and other stakeholders, Project 65 offer a free Tablet Loan Service available to any Hartlepool resident aged 65 or over enabling people to access information and advice, as well as opportunities in the local community that reduce social isolation via digital technology. They can provide 1:1 support, with home appointments if necessary, drop-in sessions and regular themed workshops, delivered at a level and pace appropriate to each individual. They also have a number of Hotspots, kindly donated by O2 that enables people who don't currently have internet access in their own home to loan a Tablet. Several of our clients have already taken advantage of this scheme, learning how to access the internet and to use the tablet to keep in touch with their loved ones across the world. If you would like to know more then please contact either Pam on 07808 306184 or Incontrol-able CIC on 01429 401742.

Community Choir

We are also pleased to be working with Blue Rose Thinking CIC, a non-profit organisation established in memory of a lady called Kim, who sadly passed away in 2017. We are working to promote their community choir in order to reduce social isolation for those with physical and emotional well being needs.

Through their Community Choir, Blue Rose Thinking aim to reduce social isolation by engaging with local residents through respect, honesty and teamwork. The choir meets at the Hartlepool Catholic Club in Marlowe Road every two weeks on a Monday afternoon from 1pm. – being able to sing is not a priority! It is a free service and open to anyone who is experiencing feelings of loneliness and social isolation.

If you would like more information or wish to be referred into this Project, please contact either Pam on 07808 306184 or call Blue Rose Thinking on 01429 401 723.

Hartlepool Befriending Network - Peace Party



Some of our ladies were lucky enough to be invited to a 'Peace Party' organised by Hartlepool Libraries Staff. The party was held at The Central Hub, an ideal location for everyone. The room was decorated with memorabilia from years gone by, songs from the 1940's were playing and tea and cakes were plentiful.

All our ladies had a wonderful time, the photocopies of 'streets and buildings' were excellent for generating conversation and the ladies soon got to know each other through talks of yesteryear. All our ladies expressed their thanks and appreciation to the staff for organising this and to all our volunteers and Pam for arranging transport to get them there. Children from Stranton Primary School sang songs for the ladies, everyone sang along!! The buffet went down well with many of our ladies taking 'doggy bags' home with them.

To be part of an event such as this means a great deal to these ladies who spend a great deal of their time on their own. In fact one of my ladies 'Christine' hadn't been out of the house for 4 years, she was really nervous but quickly settled and enjoyed the afternoon so much she is asking when the next one is taking place!!



Welfare Benefits Advice

Are you aged 50+ and live in the Hartlepool area?

Our new Welfare Benefits Adviser Angela can assist Hartlepool residents with benefit queries and applications.

We can offer free home visits for:

- Welfare & Benefit Checks
- Assistance with Form Filling
- General Benefit Advice
- Telephone Advice

For more information, or to book an appointment, please contact Angela on :

07921 464 127

angela.brough@ageukteeside.org.uk



Better Health Better Wealth

Social groups, services activities in Stockton-on-Tees



Stockton-on-Tees
BOROUGH COUNCIL

Try-It-Tuesday

Tuesdays, 1pm–3pm.

Thornaby Pavillion, Thornaby, Stockton-On-Tees.

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.

Mid-Week Social

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.

Stockton I&A

As part of our Better Health Better Wealth project, we have a an advisor who offers home visits to people aged 65+ and living in Stockton who need help with benefits or form filling etc.

Call 01642 80 55 00 to make an appointment .

MONDAY MEETUP



1.30PM - 3.00PM

YARM FELLOWSHIP HALL, WEST STREET

Join our new social group, which will include chair-based exercises, games, quiz's & a chance to meet new people every week.

Will include tea, coffee, cake/biscuits at £1 per person.

CALL GILL OR HELEN ON 01642 80 55 00



Billingham Buddies Social Group

**Every Thursday
Starting 8th August 2019**

1.00—2.30pm

Billingham Masonic Hall, Mill Lane, Billingham

A social group with light refreshments for only
£1 per person. Everyone welcome.

**Call today on:
01642 80 55 00**

**& speak to
Gill or Helen**



Time Out Service

Are you aged 18+ and live in Redcar & Cleveland?

Do you look after another adult? Would you like time to yourself to access social groups or activities?
Would you like time to attend appointments?

Our free Time Out Service can arrange for a trained volunteer to:

- Visit the person you look after in their own home
- Build a safe and reliable relationship
- Provide company and conversation
- Help you to find social activities that suit you
- Signpost you to other services that can support you as a carer

If you would like to make a referral to the Time Out Service or are interested in becoming a volunteer, please contact Marie Kerr, Time Out Coordinator on:

07834 181 190

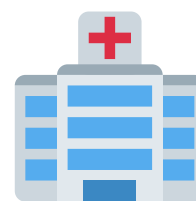
marie.kerr@ageukteesside.org.uk

Welcome Home Project

**Are you aged 55+ and live in Redcar & Cleveland?
Are you due to be discharged from hospital?**

The Welcome Home project aims to provide support and company for those older people who have been discharged from a hospital stay and live alone in Redcar and Cleveland.

Before or upon discharge suitable patients will be matched with a project volunteer who will support the patient to get home and will offer 4-6 weekly visits (1 visit per week) at the older persons home to help build their wellbeing and independence and reduce re-admission rates.



The trained volunteer will:

- Visit the cared for in their own home
- Ensure the patient has the necessary basic needs upon discharge (eg fuel, food)
- Provide company and conversation
- Signpost the patient to any other appropriate services

If you are interested in this service or interested in becoming a Home from Hospital Volunteer, please contact:

07921 464 125

Paula.Taylor@ageukteesside.org.uk

If you would like to find out more please talk to the Therapeutic Care Team on:

01642 282496 Ex - 52496

Redcar Befriending Service

At Age UK Teesside we like to give our wonderful team of volunteer's opportunities to enhance or develop new skills whilst a part of the befriending team. This month we enlisted the help of our friends at the British Red Cross and gave our team the opportunity to engage in first aid training which was provided by one of the British Red Cross team members, Jo.

The aim of the training was to teach basic first aid skills and having an awareness of how to deal with situations such as burns, sprains and heavy bleeding. Although we hope these are skills our volunteers never need to utilise with any of their clients we feel it is important and beneficial to have this knowledge and hopefully increased confidence in the event they were ever faced with such things.

In addition to learning basic first aid skills the volunteers were given the opportunity to learn some CPR skills and able to try out the defibrillator machine. This was also a great opportunity for the volunteers to get together and see each other and for the Age UK Teesside staff to have a chat and find out how all the matches are going.



Silver Surfers (65+)

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



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

Friday 10:30-12:00
Sessions are £1 to attend

For more details, please call Age UK Teesside
on 01642 80 55 00 or 07718 125 013



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.

SUNDAY 1st Dec 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



 **Teesside**
ageUK
Love later life

TAKE YOUR ADRENALINE LEVEL TO NEW HEIGHTS!

AGE UK TESSIDE SPONSORED SKYDIVE!

Other
dates
available



Jump out of a perfectly good plane...
3 miles above the earth, freefall for 60
seconds before your canopy opens and
you glide through the sky.

SUNDAY 25TH AUGUST 2019 9.00AM

THE SKYDIVE ACADEMY • SHOTTON AIRFIELD • PETERLEE

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

ENTRY COSTS

£35

and we ask that participants
raise a minimum of £395 in
sponsorship.

 **Teesside
ageUK**

Love later life

Registered Charity No 702714

Lasting Power of Attorney

A lasting power of attorney (LPA) is a legal document that lets the donor appoint one or more people (known as 'attorneys') to help them make decisions or to make decisions on their behalf. This gives the donor more control over what happens to them should an accident or illness inhibit their own decision making (i.e. lack of mental capacity).

A donor must be 18 or over and have mental capacity at the time of making the LPA. There are 2 types of LPA:

- Health & Welfare
- Property & Financial Affairs

You can choose to make one type or both.

The donor can choose one or more people to be their attorney. If multiple attorneys are appointed, the donor must decide whether they will make decisions separately or together.

An attorney needs to be 18+ and could be:

- A relative
- A friend
- A professional, for example a solicitor
- The donor's spouse or partner

**CALL 01642 80 55 00 TO
BOOK YOUR APPOINTMENT**

Costs*

Prices for one person range from £200 - 364**

Prices for a couple range from £300 - 628**

*Costs are dependent on eligibility for court fee exemption.

**A non-refundable £50 deposit will be required when booking initial appointment.



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

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

Age UK Teesside

Dorothy Rose Suites (29-32)

The TAD Centre, Ormesby Road

Middlesbrough

TS3 7SF

www.ageuk.org.uk/teesside

01642 80 55 00



Be prepared for the winter chill

Keeping warm may be common sense but it is easy to forget the obvious things, like setting your timer and thermostat at the right temperature.

One of our experienced handypersons can help you prepare for Winter.

Call today for a free home energy check

Available to anyone aged 65+ in Middlesbrough, Stockton, Hartlepool and Redcar

**01642
80 55 00**

*This service is free, however funding is limited to older people who are at risk of cold related illnesses.

Age UK is a charitable company limited by guarantee and registered in England (registered charity number 1128267 and registered company number 6825798). The registered address is Tavis House, 1-6 Tavistock Square, London WC1H 9NA. ID203577 04/17



Working with

e-on

Stock Appeal



Age UK Teesside have a new retail development opening soon. 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



Can We Make Use of Your Old Money?

Shops stopped accepting the round £1 coins on 15th 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

