



JUNE 2018 AGE UK TEESSIDE NEWSLETTER



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Age UK Teesside's Make a Will Month 2018

Exclusively in partnership with Tilly Bailey & Irvine



This extra special offer is available only during July; the solicitors of Tilly Bailey & Irvine are giving their time and expertise freely, all they ask is that you donate a minimum of £80 for a single will, or £100 for a pair of matching wills, to Age UK Teesside.

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.

Moving Premises

Age UK in Middlesbrough is on the move...

One of Teesside's leading charities is on the move, as it gears up to increase its range of services to older people in Middlesbrough, Stockton, Redcar & Cleveland and Hartlepool.

Age UK Teesside is selling its building in Borough Road (right),

Middlesbrough and moving management and staff to a new HQ in the nearby TAD Centre (below). All services for older people will now be delivered in community locations.

The ambitious charity is planning to develop and expand services including dementia care, social activities, befriending for isolated and lonely older people and advice including claiming for benefits. A new project to tackle hoarding has already begun.

A new Age UK Teesside charity shop in Hartlepool is also in the planning stage.

Age UK Teesside Chair of Trustees Hannah Bows said:

"Teesside is facing a huge increase in the numbers of people retiring and entering old age, so the demand for our services is going to increase. "This move puts us in a strong financial position to help deal with the many challenges facing older people."

The Borough Road building is expected to be converted to student accommodation.







Bark in the Park

Get your friends and family together for a walk in the park!

22 JULY 2018, PRESTON PARK, STOCKTON ON TEES

STARTS AT 11AM (REGISTRATION FROM 9.45AM)

Age UK Teesside is a charity working to help older people in Hartlepool, Redcar & Cleveland, Middlesbrough and Stockton. Our staff and volunteers campaign and help over-50s with their health and wellbeing, finances and independence in their communities.

Age UK Teesside is committed to helping people love later life...but we cant do this without your support.

The entry fee is £5 and every dog will receive a complimentary doggy bag filled with lots of doggie goodies. You can set up sponsorship pages with JustGiving or Virgin Money Giving, just select Age UK Teesside as your chosen charity, or sponsorship forms will be provided.

Come take part in our companion dog show on the day (small donation applies) and show off your furry friends for the chance to win in one of the following categories:



Prettiest Bitch, Most Handsome Dog, Best Buddies , Best Child Handler, Best Fancy Dress , Best Trick; Best Lab/Retriever, Best Terrier, Best Toy Breed, Best Puppy and Best Rescue.









Redcar Pensioner's Group

CEO Anne Sykes was invited to speak to the Redcar Pensioner's Group in June, promoting Age UK Teesside's services and activities amongst its members at their regular venue, the Starting Gate pub. The lively group meet once a month and meetings often include a guest speaker. Anne told the members about all that Age UK Teesside do in the community and the projects and services we run.







Carer's Week 2018

Carer's Week 2018 was June 11th—18th, with events being held across Middlesbrough, Stockton and Hartlepool to promote groups and services for older people and their carers.

Amongst them where representatives for Age UK Teesside, passing out information to the community and discussing our services, including Anne Robinson who was promoting our new Living With & Beyond Cancer project, Gill Martin for our Better Health Better Wealth project and Pamela Cairns for the Hartlepool Befriending Network.

Events were held across Teesside from the Carers Carnival at The National Museum of The Royal Navy Hartlepool, to Middlesbrough Town Hall and Stockton Riverside College.

Carer's week was a wonderful, well-deserved celebration for the hard work carers do in the community.



Live-Well Dementia Hub

Thorntree Road

Thornaby

Wednesday 11 July 2018 1:00 pm

The Christine Rosemond Duo Singer Guitarist, singer/ guitarist

This concert has been made possible thanks to the generosity of

Stockton-On-Tees Borough Council (Public Health Co)

This concert has been provided by the charity Music in Hospitals & Care. To find out more or to donate online, please visit: mihc.org.uk

Registered Charity England & Wales: 1051659 Scotland SC038864



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

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



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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

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 803328 / Mobile 07834 181188

or reception 01642 805500

Phoenix: Craft & Textile

Working in partnership with WEA (Adult Learning Within Reach) our wonderful tutor Nicole has been teaching the Craft and Textile group to make 3D canvases.



If you would like try something new then try our craft and textile session.

Thursdays 10am – 12 noon at Grove Hill Community Hub Call Tina on 01642 803328 or 07834 181188



Phoenix: Lunch & Social

Santander's Vicky Lofthouse dropped by to volunteer and visit with the members of the Lunch & Social group.

Santander are a great source of support for the Phoenix project, with volunteers giving their time every month with groups, for which we are very grateful. The clients are always happy to see the Santander volunteers and we thank them for all of their support and fundraising for Age UK Teesside.



Better Health Better Wealth: Group Timetable

Try-It-Tuesday (Social Group)

Tuesdays, 12.30pm-2.30pm.

Thornaby Pavilion, TS17 9EW

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.





Teesside

Health Project, Stockton-On-Tees

Age UK Teesside are working in partnership with Cultures CIC to improve the health of people from Black and Minority Ethnic Groups, aged 50 and over, living in Stockton.

We provide a number of different groups based around healthy eating, regular exercise and health information and advice.

Monday Morning 10.00 am

Men's Health Walking Group (Leaves from Farooq E Azam Mosque) Monday Afternoon 2.30 pm - 3.30 pm Women's Health Walking Group (Leaves from Ropner Park entrance) Tuesday Morning 10.00 am – 12.00 noon Table Tennis - Mixed Thursday Morning 10.00 am - 12.00 noon Women's Health Group

FOR MORE INFORMATION: Please contact Zumrat Khan on 07476657167

or Anne Hollifield on 01642 80 55 00

Asbestos related illnesses What can I do?

Exposure to asbestos fibres and asbestos dust was recognised as an occupational health hazard as long ago as the early 1900s. Asbestos related illnesses include:

- Mesothelioma
- Lung cancer
- Asbestosis
- **Pleural thickening**

Individuals who have been diagnosed with Pleural Plaques can apply to be placed on Tilly Bailey & Irvine's Pleural Plagues Register and, should they develop pleural thickening, asbestosis or mesothelioma, we will be able to assist them with regard to the remedies available to them.

The risks do not just arise from working in an asbestos related industry but can also



arise from secondary exposure to fibres and asbestos dust, for example family members who were exposed to asbestos dust from washing workers' clothing.

Remedies can still be sought even if a company is no longer trading. Remedies include:

- **Benefits**
- Damages
- Loss of Pension
- Care

Tilly Bailey & Irvine law firm





Tilly Bailey & Irvine LLP 12 Evolution | Wynyard Park | Wynyard | TS22 5TB Castle House | 11 Bridge Road | Stockton-on-Tees | TS18 3AD

TillyBaileyIrvine

🔰 @tbilaw

York Chambers | York Road | Hartlepool | TS26 9DP 8 Newgate | Barnard Castle | DL12 8NG

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in Tilly Bailey Irvine

by the Financial Conduct Authority for the conduct of investment business.

Redcar Befriending Service

Case Study: BM

Gentleman (BM) had experienced a stroke in 2007, which left him with paralysis to the left hand side of his body. Prior to the stroke BM led a very active social life. He had worked with children living in care homes, played football and coached teams. designed and made clothes for people with disabilities etc. However, since the stroke he became increasingly isolated and lonely. The findings from the initial assessment found that BM often had visits throughout the day from family and friends, as well as care calls 4 times a day and therefore did not meet the criteria for the full befriending services.

However, it was felt that BM would benefit from the support of the extended service that Redcar Befriending Service offers. BM had previous experience in teaching and raising awareness about wildlife to children and he lives very close to a Wildlife Centre that also offers volunteering opportunities. When asked if this was something that BM would be interested in doing, he stated that, he would *"love to be involved in something like that!"*

As part of the support offered from the extended service, the Redcar Befriending team, gathered the appropriate paperwork and liaised with the Volunteer Coordinator at the Wildlife Centre about volunteering opportunities and any barriers that BM may face, then helped to fill in the application form and post it.

It was also found from the assessment that BM had always had a dog at some point and recently had been toying with the idea of getting another dog to keep him company. He was undecided on the idea because he was unsure if he would be fully able to meet the dog's needs. Possible involvement from organisation Wag & Co was suggested, with whom Age UK Teesside work in partnership. He said that this was a *"great solution"* as he would get the best of both worlds; companionship of a dog without the responsibility.

BM has submitted his application and is awaiting further contact from the Volunteer Coordinator at the Wildlife Centre. He has also expressed an interest in further volunteering, however has agreed to see what the Wildlife Centre say first. BM stated that the service has been *"fantastic in finding out what is available in the local area"*. He is also awaiting a response from Wag & Co, who are waiting for an appropriate volunteer.

BM has expressed on several occasions his gratitude for the support offered by the extended service and although he was disappointed not to have been offered a full befriender, he is happy for all the additional support offered. He explained that, "*it is nice not to be fobbed off when I can't be offered what a service is offering. Age UK Teesside have stayed in contact weekly to check if I am ok, if I need any further support, if there is anything I would like to get involved in. I would have never have thought to access the local Wildlife Centre. The girls that have visited me have been wonderful and I can't thank them enough.*"

For further information regarding the Service, referrals or if you are interested in becoming a volunteer please contact:

Amanda Bowstead on 07718 125 013 Or amanda.bowstead@ageukteesside.org.uk



Middlesbrough Befriending Service





Our Middlesbrough Befriending Service held its first Volunteer Induction this month, with Befrienders meeting at the Easterside Hub on Thursday 28th June with Befriending Manager Paula Taylor.

'If you enjoy talking to people and have some time to spare to make a regular visit to an older person in the community, you may like to volunteer with the Middlesbrough Befriending Service. It can be very rewarding and it makes an enormous difference to the lives of those who are lonely/isolated. We are looking for local people to build relationships with individuals to promote their wellbeing, reduce their isolation and loneliness and engage them back into the community. If you, or someone you know has a couple of hours to spare each week then we would love to hear from you'.

For further information regarding the Service, referrals or if you are interested in becoming a volunteer please contact:

Paula Taylor on 07921 464 125 Or paula.taylor@ageukteesside.org.uk

Hartlepool Befriending Network

Friday, 15th June saw Pam Cairns (Hartlepool Befriending co-ordinator) attend the Carers Carnival at The National Museum of The Royal Navy Hartlepool. The event was the culmination of activities held across Hartlepool to celebrate and promote the work that carers provide.

Despite the dull weather the event was very popular with residents attending to hear about services from partner agencies, Pam relished the opportunity to promote the Hartlepool Befriending Network and make vital links with the residents of Hartlepool.







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

Age UK Teesside 100c York Rd Hartlepool TS26 9DE

Age UK Teesside is a registered charity. Registered Charity no. 702714



Living With & Beyond Cancer

Offering people from Tees Valley 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



For more information or to sign up please contact

Laura-Jane Wedgwood on 01642 803326/07921 464126 or email laura.wedgwood@ageukteesside.org.uk www.ageuk.org.uk/teesside

£20 entry plus £100 sponsorship

SUNDAY 5THAUGUST 2018

160FT FROM MIDDLESBROUGH

TRANSPORTER BRIDGE

Teesside

<u> SUK</u>

Love later life

Climb 210 steps to the top of Middlesbrough's iconic Transporter Bridge taking in the panoramic views of Teesside, before jumping 160ft in aid of Age UK Teesside



SPACES NOW AVAILABLE ON THE 26TH AUGUST

TAKEYOR ALINE ALINE

AGE UK TEESSIDE SPONSORED SKYDIVE!

26TH AUGUST 2018

THE SKYDIVE ACADEMY, PETERLEE PARACHUTE CENTRE, SHOTTON AIRFIELD

CHOICE OFJUMP 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

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

Registered Charity Number: 702714

M.C.S.T. Pilot Project

Age UK launched the M.C.S.T. pilot back in 2007, with Teesside being one of the few areas benefitting from this service. Project leads gathered in London this month to share the successes of the M.C.S.T. course. Among them was Tina Bonner, Project Lead for Teesside, and Louise Wheatley, Operations Manager.

Group sessions began in Stockton as part of the Live Well with Dementia project, where it grew steadily popular with carers and clients. The group is now self-funded and available to older people from all areas of Teesside who are living with dementia.

The clients and the group have grown great friendships and the dynamics work really well; they support one another during group activities and they have picked up on each other's well-being too. They support one another and they all talk quite openly about any issues that may be of concern to them. The feedback from the client's carers and family has all been positive – to see their loved ones gain more confidence, become more independent and engaging in conversation. One client who had trouble with his speech, now instigates conversation with others and another who was almost reclusive – is out walking every day; another former client is now volunteering with this group.

A new session of MCST will commence on the 5th July and is scheduled to run for 12 weeks. Age UK Teesside currently have six confirmed bookings and assessments are ongoing.

Contact us for more information about the M.C.S.T. course running in Teesside.



M.C.S.T. Project leads from Age UK Mid Devon, Nottingham, Nottinghamshire, North-Tyneside, South Walsall, Teesside & Wirral.

Community Hub Middlesofter 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	WEDNESDAY 9AM—1PM	01642

New Retail Development in Hartlepool Coming Soon

STOCK NEEDED

Donate your unwanted clothes and furniture to Age UK Teesside and make a difference to people in later life.

For more information on where to donate or for furniture collection, please call 01642 80 55 00







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:

- \Rightarrow Search the internet
- \Rightarrow Home shopping
- ⇒ Pay Bills like council tax..
- ⇒ Email
- ⇒ Find the best deals for Energy, insurance etc.
- \Rightarrow 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, <u>Havilland Road,</u> <u>Thornaby, TS17 9JG</u>

For more information, call

01642 80 33 13

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





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

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