

AGE UK TEESSIDE

MONTHLY NEWSLETTER - JUNE 2019

CALLING ALL
DOGS!
BARK
IN THE PARK **SUNDAY**
28 JULY 2019



Strollers & Stragglers



July 2019

1st Teesside Barrage
8th Preston Park
15th Stewart Park
22nd Ropner Park
29th Norton

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.



Ellie Lowther

Age UK Teesside's Equality and Diversity Officer, Ellie has been shortlisted for the Positive Role Model Award - LGBT category in the 2019 National Diversity Awards. The team at Age UK Teesside would like to offer a well-deserved congratulations to Ellie for having her hard work recognised nationally.

Good luck Ellie, you're already a winner to us.



National Diversity Awards 2019

Celebrating **Unity** in Society

IN ASSOCIATION WITH

itv NEWS

CONGRATULATIONS ELLIE LOWTHER

ON BEING SHORTLISTED FOR THE 2019

POSITIVE ROLE MODEL AWARD LGBT

www.nationaldiversityawards.co.uk/shortlist

2019 Sponsors



Phoenix Walks



The Phoenix
Project's new
fortnightly walking
group will start
Friday 9th August
2019

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

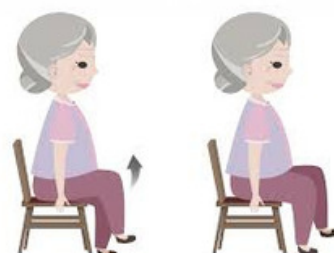
Lunch n Social
Come along and make new friends, enjoy Dominoes, Scrabble, Chess or tackle a jigsaw!
Light lunch plus refreshments provided.
£4.00 per session (catering) or bring a packed lunch.
11.00 am – 2.00pm
Booking essential contact Tina for details

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**





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.

The team at Santander have knitted a huge selection of little hats, some pictured below; Santander Middlesbrough are committed volunteers and fundraisers for Age UK Teesside and we cannot thank them enough.

**For wool or knitting patterns,
please call Tina on:
01642 433 723**

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



the big knit

Santander



apple hat

intermediate pattern by Juliet Bernard

Yarn: Green and brown DK with some red and black for embroidery

Needles: 4mm

Hat

Cast on 31 sts in green

Beginning with a knit row continue in st st for 14 rows

Next row: k2tog to last st, k1 (16sts)

Next row: purl

Next row: k2tog to end (8sts)

Change to brown

Next row: p2tog 4 times then work an icord for 6 rows

Next row: K2tog twice. (2sts)

Next row: k2tog and fasten off

Leaf

CO 3 st in green

Row 1: kfb k1 kfb (5sts)

Row 2: purl

Row 3: k2 m1, k1, m1, k2 (7sts)

Row 4: purl

Row 5: knit

Row 6: purl

Row 7: k1, ssk, k1, k2tog, k1 (5sts)

Row 8: purl

Row 9: ssk, k1, k2tog (3sts)

Making up

Use a sewing needle to join side seams and sew in the ends. Attach the leaf to the stalk. Embroider eyes and mouth in black and apple cheeks in red.



NOUVEAU
WELLBEING
PRESENTS

CHAIR EXERCISE

WEDNESDAY
10:00AM-11:00AM



GROVE HILL COMMUNITY
HUB

£2.00

INFO@NOUVEAUWELLBEING.COM
01642 566511

Middlesbrough Befriending



Following a successful initial year, Middlesbrough Borough Council have provided Age UK Teesside with a year's extension to the service. This welcome news will enable the service to continue to provide support to lonely and isolated older people across the borough and will assist in embedding the project with referral organisations.

As part of the services development and continuation referrals are starting to come through from GP practices and community organisation which shows that the service is now starting to reach key referrers and those in our community who are the most lonely and isolated. The service has been out and about in the community and a joint initiative with the Library Services saw us delivering 'Roadshows' in community Hubs in order to engage with service users and promoting befriending with their Books On Wheels scheme

The work of the service is continuing to grow with more volunteers being matched to older people and we currently have 11 volunteers providing support, company, social interaction and helping to reduce isolation. Matches have all been successful and thanks to the excellent calibre of our volunteers and their commitment to the service clients are all enjoying their visits and company.

We are currently in the process of gathering evidence of the impact the service is having on client's wellbeing with results so far showing a general increase in people 'feeling useful', 'feeling optimistic about the future' and generally feeling 'more confident'.



Middlesbrough Befriending (continued)

We are continuing to recruit and train volunteers and the last Induction in June saw 5 new volunteers attending and starting their volunteer journey with us. Volunteers have also enjoyed a number of 'get togethers', where they can share stories, meet other volunteers and exchange useful information.



As part of the wider development of the Service we have teamed up with Middlesbrough Football Club and Middlesbrough Community Foundation to provide a 'Match Day Buddy' scheme where season ticket holders are matched to lonely and socially isolated older Boro fans. The scheme, which will be rolled out next season will hopefully see both clients and season ticket holders share time together whilst watching the 'Boro' and enjoy each other's company. For more information, please see the page opposite.

As the Service gains momentum and pace we hope that we are able to adapt and change to meet clients' needs and are currently looking to develop other opportunities to allow us to engage with older people. For the coming months we aim to further establish ourselves in the community and to report further on the positive impact volunteers are making to the lives of older lonely people in Middlesbrough.....Watch this space!!!

For information, queries or suggestions on service, please feel free to call Paula Taylor on:

01642 80 55 00

Hartlepool Befriending Network

The Hartlepool Befriending Network continues to help those who are lonely and isolated, offering residents the opportunity to have a 'Befriender Volunteer' to visit and have a chat over a cuppa, help with small daily living tasks, or introduce them to community groups & activities. The service has proven invaluable to those who use it.

We are always looking for volunteers to join our team of befrienders who are enriching the lives of older lonely people in the community. People have many reasons for volunteering, from wanting to fill a void in their lives to helping someone to smile again.

If you feel you could offer an hour or two out of your week then why not give Pam a call on **07808 306184** or email her at pamela.cairns@ageukteesside.org.uk



Carers' Week

On Friday, 14th June 2019, Pam Cairns (Hartlepool Befriending co-ordinator) and Angela Brough (Benefits Advisor for Hartlepool) attended an event at The Centre for Independent Living which was the culmination of activities held across Hartlepool to celebrate and promote the work that carers provide.



Pam & Angela

Despite the horrendous weather the event was very popular with residents attending to hear about services from partner agencies and support Hartlepool Carers.

Everyone enjoyed a buffet lunch whilst 'mingling' with residents and raising awareness of the important work and services they all provide in the town. Pam and Angela relished the opportunity to promote their services and make vital links with the residents of Hartlepool and partner agencies.

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



Community Hub Advice Service

NEWPORT SETTLEMENT COMMUNITY HUB ST PAULS ROAD, TS1 5NQ	MONDAY 9AM - 12PM	01642 802 892
HEMINGTON 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

Better Health Better Wealth

Social groups and activities in Stockton-on-Tees



Stockton-on-Tees
BOROUGH COUNCIL

Monday Mates - Group Ending

Mondays, 10.30am–12pm

Live Well Hub, Thorntree Road, Thornaby.

Sessions are 50p

Monday Mates'
last meeting
will be July
29th 2019

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.



As of August
12th, this will
be a weekly
group



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 fortnight.

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

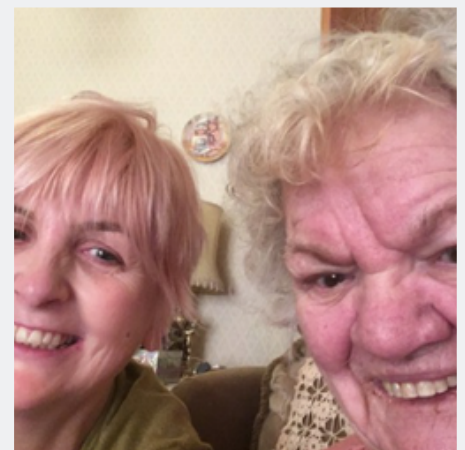


Stockton Befriending

Janet, our Befriending Coordinator has given a few short case study examples to show how valuable the Stockton Befriending Service is. Janet said ***“It’s the little things that we take for granted on a daily basis that have a positive impact and give a moral boost to clients. Not all befriender visits result in independence but they do generate happiness and wellbeing.”***

1) Betty lives alone and her family lives in different parts of the country. The companionship she has built up with her befriender has extended to a friendship with Bettys family. They keep in contact with Betty and her befriender through emails and are kept informed of outings they have had. The family have said this is a great comfort to them as it is wonderful to know that Betty has made a friend who understands and takes the time to take Betty out for a coffee and cake.

2) Rebecca is one of our volunteer befrienders and she spends time with Mary every week. They really enjoy being together as they enjoy each other’s company. They have numerous day trips together and arrange special days in the summer and Christmas for shopping trips. They have been together over 18 months now and Mary is really building up her confidence and they have formed a friendship and really appreciate each other. When Mary was first assessed she would not leave her flat at all and she was extremely isolated. It has taken a while for Mary to improve her confidence and venture out of her flat, going shopping with Rebecca is a great improvement and massive achievement.



***Rebecca
& Mary***

Stockton Befriending (continued)

3) John is one of our youngest Befriending Volunteers. He works on the rigs and his shifts are 2 weeks on and 2 weeks off. John wanted to become a volunteer because he was very close to his grandparents and wanted to use his spare time when he is home to visit the elderly and lonely people to try and make a difference to their lives. John is so easy to talk to and gets along with people and wanted to give something back to society which gives him a lot of satisfaction and his client looks forward to seeing him.

4) Margaret's befriender took her out every week shopping to her favourite shop M&S. This week they were just through the door when she met an old friend she had not seen in years. This made Margaret's day and she was over the moon and so excited. Sometimes the littlest things mean such a lot.

**If you would like to volunteer with our
Stockton Befriending team, please contact
Janet Murphy on:**

01642 433 728

janet.murphy@ageukteeside.org.uk



Stockton-on-Tees
BOROUGH COUNCIL



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

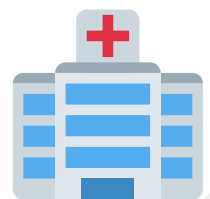
marie.kerr@ageukteesside.org.uk

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 464 114

Amanda.Bowstead@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

This month Redcar and Cleveland's befriending team hosted a volunteer get together. These events are held on a regular basis as it is a good opportunity to discuss exciting changes in the service and ensure the wonderful team of volunteers are always kept up to date with what they can expect from the befriending service. It is also always a great opportunity for the team to see each other and it is clear friendships have been formed amongst the team.



This was an exciting get together for the team as it gave us the opportunity to welcome two great new additions. Firstly we introduced Marie Kerr who will be working in Redcar on a project called Time Out alongside Redcar & Cleveland MIND and Carers Together. Marie will be a regular face at the volunteer meetings and events so we felt it was important to introduce her to the team and give them all the opportunity to learn about her exciting new project.

Secondly we were very excited to introduce our new volunteer Steve. Steve approached Age UK to discuss an idea he had to come on board as an odd job man to support elderly people in Redcar and Cleveland. Steve has seen first-hand how easy it is for elderly people to fall victims and be taken advantage of by people when carrying out DIY and odd jobs. As a result of Steve's personal experience he decided he wanted to put his experience and passion for home renovation to good use and offer his services to people on a free, voluntary basis. Of course we were delighted with this idea and felt this was a great addition to our ever growing service and another brilliant opportunity for our lovely clients.

Redcar Befriending Service (continued)

Steve kick started his new role visiting one of Gent's Neil. Neil wanted some door handles putting on the doors in his house and Steve was more than happy to do this for him. Steve and Neil chatted really well and Steve said after the visit how much he had enjoyed getting to chat with Neil and listen to his stories. Welcome to the team Steve we are really excited to be able to offer this great service in Redcar & Cleveland.



In Redcar and Cleveland we have worked really hard to build good relationships with local organisations. We feel it is really important to work with other community organisations to ensure the local people receive the best possible service. One service we have built a great relationship with is Community Stepping Stones in Dormanstown. This is always a great place for us to recommend to our clients as we have learnt what a community feel this place has and how welcome each person who walks through the door is made to feel.

We recently met a lovely client who wanted to get out into the community more often and have the opportunity to learn something new and make new friends. We suggested taking her along to one of the groups ran in Community Stepping Stones, and felt the Wednesday 'Knit and Natter' group would be something she may enjoy.



Service Co-Ordinator Amanda took Eileen along to the group. Eileen mixed well with the other people at the group and explained she would like to learn how to crochet. One of the other ladies explained she would be happy to teach her and got her all of the equipment needed to crochet. The two ladies chatted and laughed whilst learning how to crochet. Eileen explained after that she had loved the group and couldn't wait to attend again.

For further information on what Community stepping stones and other groups in Redcar and Cleveland, please contact Robynne on

07718 125 013

TV Licenses

At Age UK Teesside, we work hard to reduce feelings of isolation and loneliness amongst older people. We regularly meet older people who state that their only source of company is the Television. As an older person, especially living alone, you are faced with barriers that for most younger people, are taken for granted. Your once busy and fulfilling lifestyle begins to break down, friends pass away, your family are grown and busy with their own young families, your health and mobility declines making it difficult to access the world and community you were once a part of. Most of the time, an older person's only form of contact with the outside world, is through their Television screen and now the Government are going to charge pensioners for the privilege. With further cuts to Social Funding and a shift in how we care for our elderly population, it can be a very lonely and daunting world to grow old in.



"You may have heard recently that the BBC has announced they will means test free TV Licences for people over 75. This means that at least 650,000 of our poorest pensioners will face an annual bill of £150 that they simply cannot afford."

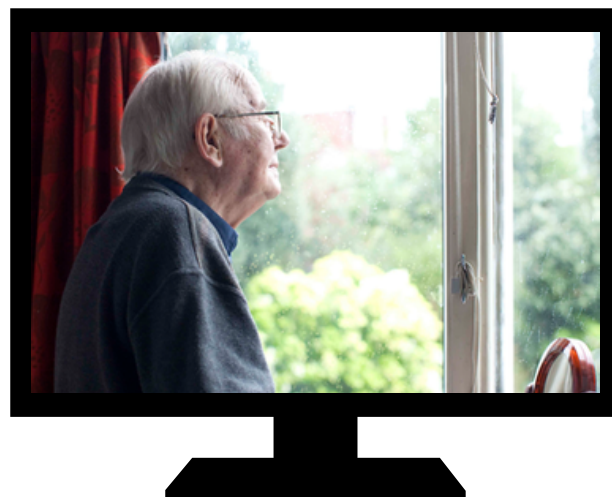
(Age UK, 2019)



Age UK are making a stand and urging people to come together and demand the Government take back the responsibility of funding free TV Licences for everyone over 75. The Silver Surfers of Marske Library have signed the Age UK petition and are helping others to sign too. On Friday 14th June, Robynne Orton (Extended Service Coordinator) and regular attendees of the Silver Surfers group encouraged visitors of Marske Library to sign the Age UK 'Save Free TV for Older People' petition using their own iPads and Tablets.

Mr. Pinchin said,

"Since my wife passed away, I have found it hard to fill my time. I use the TV to orientate myself and bring normality and structure to my day. Sometimes I just have it on in the background to fill the emptiness. It helps."



If you need any help signing the petition, pop in to Marske Library every Friday from 10.30am-12pm.

Please sign Age UK's 'Save Free TV for Older People' by visiting www.ageuk.org.uk/our-impact/campaigning/save-free-tv-for-older-people

Job Vacancy

Befriending Services Co-ordinator - Redcar & Cleveland

Salary: £10,099 per annum

Hours per week: 21 hours – flexible Mon-Fri

Type of contract: Fixed term – 31st March 2020 (with possible extension)

Role details

We are seeking to employ a Befriending Services Co-ordinator to manage an already established successful project for lonely & isolated older people across Redcar & Cleveland.

Applicants must have a proven track record of working with older people and managing a team of volunteers. Your role will include identifying older people who are lonely and isolated in the community as well as recruiting suitable volunteers to support them. You will be responsible for preparing and training volunteers as well as providing support for them in their role.

The successful candidate will also manage the Support Worker who is working with those older people who do not fit the befriending criteria to introduce them to local social groups and activities of interest for making friends and feeling part of their community.

Applicants need to be flexible, organised and team-spirited. Successful applicants will have access to training, support and a rewarding career.

Closing Date for applications: Thursday 1st August 2019.

Interviews will take place week commencing 8th August 2019

For an application form and job description please visit:

www.ageukteesside.org.uk

or email :

anne.sykes@ageukteesside.org.uk

*These posts are subject to DBS Enhanced Disclosure
CVs will not be accepted*

**Age UK Teesside is an Equal Opportunities Employer
Reg. Charity No. 702714. Reg. Co. No. 2152353**



BARK IN THE PARK 2019 DOG SHOW INFORMATION

Did we mention?



We're having a Pageant?

Bark in the Park 2019

Our Summer walk and Dog Show is back, plus, new for 2019, a pageant - with crowns for the winners!

Categories include:

- Best Puppy
- Best Pedigree
- Best Crossbreed
- Prettiest Bitch
- Handsome Dog
- Best Rescue
- Best Child Handler
- Best Fancy Dress
- Best Veteran
- Best Trick
- Dog Judge would most like to take home
- Waggiest Tail
- Best Toy breed
- Best Large breed

**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 433 727 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



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 Affair

You can choose to make one type or both.

The donor can choose one or more people to be their attorney. If multiple attorney's 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





little hats, big difference these little hats change lives

Get knitting & send us your little hats to keep older people in Teesside warm this winter

Call 01642 80 55 00

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

