

A photograph of two elderly women sitting outdoors. The woman on the left has short white hair, wears glasses, a grey jacket, and a light blue patterned scarf. The woman on the right has short grey hair, wears glasses, a dark blue jacket, and a light blue scarf. They are both smiling and looking upwards. In the background is a dense green hedge. A white semi-transparent box is overlaid on the bottom half of the image, containing text and a logo.

AGE UK TEESSIDE

**MARCH 2018
NEWSLETTER**



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Changes to our Trading Offices

After many years of trading, we have reached the difficult decision to stop selling insurance and other financial products from these Age UK offices:

- **Dorothy Rose House, 190 Borough Road, Middlesbrough, TS8 9QD**
- **100 York Road, Hartlepool, TS26 9DE**
- **15 Newport Road, Middlesbrough, TS1 1LE**

This means that it will no longer be possible for our customers to purchase or renew insurance at these offices.

Please be assured that this change affects only our financial services activities and that the good work of the Age UK charity in your community will continue to help the lives of older people locally.

Our community of local older people will also still be able to purchase any of the Age UK products, or amend their current policies with Age UK, by telephone or online. We are happy to provide the right contact details if this is the case.

As always, our thanks goes out to the many older people who have bought the Age UK products through our local trading office, providing much needed support over the last few years.

If you have any queries or would like more information on the products and services available, including:

- Home Insurance
- Car Insurance
- Travel Insurance
- Equity Release Advice Service
- Funeral Plans
- Weekly Lottery

Please call:

0800 707 6074*

www.insuranceover50s.co.uk



Fundraising—Full of Life Fair 2018

Confirmed so far for The Full of Life Fair 2018:

Musical performance by the **Seaton**

Pie Jackers— hot and cold, handmade gourmet pies

Authentic Italian, stone-baked pizzas courtesy of the **Pizza Van**

Serving a fantastic cellar of wine, fizz, craft beer and lager will be **Liquid Liberation**

Moka Coffee Bar will be serving up quality coffee

There will also be the **World Record Breaking Samba**

And the **Funfair!**

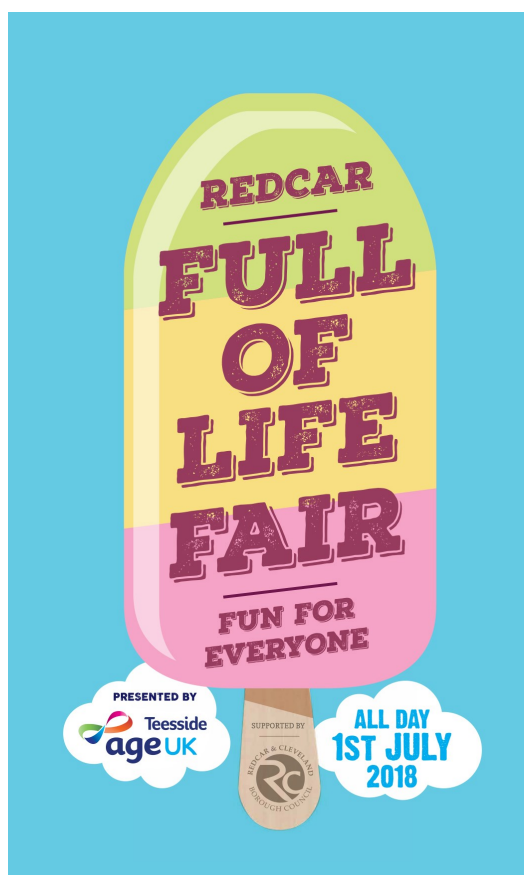
More Vendors to be confirmed and a special guest

announcement—if you would like to be a vendor for the

2018 Full of Life Fair, or you would like to book a craft stall, contact Laura on:

Laura.wedgwood@ageukteeside.org.uk

01642 80 33 26



GHOST HUNT

Teesside
ageUK
Love later life

FEATURING IAN LAWMAN

28th APRIL 2018
PRESTON HALL MUSEUM,
STOCKTON-ON-TEES
FROM 7pm

Tickets: £35 per person

(participants are asked to raise sponsorship)



The person who raises the most sponsorship will receive a 1 to 1 reading with Ian Lawman, celebrity psychic & exorcist, star of Most Haunted, Ghost Chasers, Buried Alive & Living with the Dead.

To sign up please call 01642 803326
Or sign up online www.ageuk.org.uk/teesside
Email laura.wedgwood@ageukteesside.org.uk

This event is for entertainment purposes only. Promotional images used are for illustration purposes only and are not in any way connected to the hall or its grounds



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

Phoenix Update

Dear Phoenix Clients,

We have sold the building and we are moving!

All Phoenix activities will now commence out in the community.

Please see new schedule for new venues for all of our current Phoenix activities.

We will be closed for all activities w/c 2nd April except for "Friendship Friday Easter Raffle and Easter Bonnet Competition" which will still take place at Borough Rd on 6th April.

All groups /activities will commence from 9th April at our new venues.

Should you require further details or have any queries please don't hesitate to give me a call

Regards

Tina

Tel 01642 803328

Mobile 07834 181188

Phoenix Easter Bonnet Competition



On Friday 6th April we will be hosting our Easter Bonnet Competition along with an Easter Raffle – we will also have a Fish & Chip lunch and some Prize Bingo.

Call Tina on 01642 80 33 28 to book your place



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



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 01642 803328

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

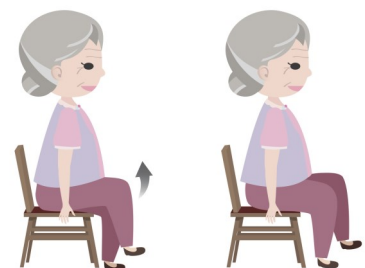
Chair exercise is a fun seated workout for people living with dementia, including a vast range of gentle exercises without leaving your chair. Join in and reap the physical benefits all whilst having fun with friends and reminiscing about past times.

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

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

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

BHBW: Group Timetable

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.*



BHBW: Albert's Story

Albert Bauckham's daughter Jackie called to see if Age UK Teesside could advise/support with a wheelchair for her Dad. She said that the Butterwick Hospice had suggested that she call Age UK Teesside for help.

Age UK Teesside does not have a mobility service, however, luckily we had recently been donated a wheelchair by local businessman, Derek Laird, and so this was offered to Albert as a solution.

A member of our staff delivered the wheelchair to Albert's home on Saturday morning and met Albert and his wife Dorothy.

Dorothy told us that Albert had been very reluctant to use a wheelchair but

his eye sight was now diminishing badly and it was difficult for him get out and about. They were so delighted with it that they made a cash donation to Age UK Teesside.

Albert has since received a Better Health Better Wealth project visit from our outreach worker to see if there was any additional resources or support that we could offer and has been signposted to the Carers Hub for additional support.

If you, or someone you know, would benefit from a Better Health Better Wealth assessment, call today:

01642 80 33 24



Stockton Befriending: Frank & Philippa

Frank Stephenson and his Befriender Philippa Gething have been friends for almost 3 years. Frank suffers from Macular Disease but still manages to get out with Philippa's help; Philippa often gives him a run out to Saltburn or they take a walk in Valley Gardens and he really enjoys the fresh air.



Philippa also takes Frank to Tabernacle Church Hall each week for his lunch. He has been a little under the weather recently but slowly recovered in time to enjoy his birthday celebrations.

Frank was 90 years young on February 16th and was treated as always by Philippa, who spoilt him with chocolate birthday cake and a fancy candle, plus a card that opens up and sings "Happy Birthday", which Frank loves!

The Stockton Befriending service offers companionship and support for those aged 65+ living in the Borough. If you, or someone you know, are lonely and/or isolated in the Stockton area, please get in touch with our Better Health Better Wealth team for an assessment.



Stockton-on-Tees
BOROUGH COUNCIL



Befriending Redcar



Following the excellent news of the Redcar and Cleveland Befriending Service being refunded for another twelve months, Ross and Amanda have enjoyed spreading the news to volunteers and clients alike who have welcomed this positive news and appreciate the ongoing support from Redcar and Cleveland Council. The recently funded expansion to the service which has enabled Amanda to work with volunteers and look to engage clients with more community activities is going well and the service has already achieved some positive results. New volunteers are expressing interest in being part of this exciting new opportunity and some existing volunteers are enquiring about diversifying in their roles to help more people. Ross explained that: 'With the funding support we have received consistently from the Council since January 2016 we have been able to plan, implement and diversify effectively to access the people most in need of befriending and learn and adapt to older people's needs around loneliness and isolation. It takes time to establish a strong team of excellent and committed volunteers, reduce waiting lists and report on positive longer term outcomes and we've been given the time and support to do this. As the funding year draws to a close, I'd like to take the opportunity of thanking the team of volunteers for your efforts and commitment, Amanda for moving the service forward in new and innovative ways and Redcar and Cleveland Council for your long term support, financially but also for your positive encouragement and practical assistance'.

For enquiries about the Befriending Service in Redcar and Cleveland please contact:

Ross Newton on 07921 464114 or Amanda Bowstead on 07718125013

Befriending Hartlepool



The Befriending Network in Hartlepool has made great progress since the appointment of Pam Cairns in late January. Pam has started networking and re-promoting the service in the Hartlepool area and has spent a significant amount of time strengthening the volunteer team and trying to attract new interest in the Network. Pam has retained all of the existing volunteers who were already out doing excellent work visiting older people but has covered some ground in increasing the pool of volunteers and adding the right volunteer to the team. A volunteering role is not just about taking on anybody but to find the right person for the role and Pam has interviewed regularly since early February and has taken on eleven new volunteers who are at various stages of the induction process. This takes the current team close to twenty in number which exceeds the projections that have been reported on over recent months. With several new matches having taken place the Network will see many more older people being matched to volunteers through the rest of March and into April.

Well done Pam, the Network will just keep getting stronger.



For any enquiries regarding receiving befriending visits or to volunteer for the Hartlepool Befriending Network please contact:

Pam Cairns on 07808306184

Winter Warmers



MIDDLESBROUGH & TEESSIDE
PHILANTHROPIC
FOUNDATION



With the recent run of bad weather, we have been working hard to keep the older community of Teesside safe and warm. Snowstorms and bitter frost swooped in courtesy of the aptly named 'Beast from the East'. Age UK Teesside staff delivered over 200 winter warmer packs with blankets, socks, gloves, hats and hand warmers to older people across the whole of

Pictured below right are Jackie Johnson and Patricia. Jackie, our Hoarding Consultant, delivered a Winter Warmer pack to Patricia—these packs contain valuable items to fend off the cold and were funded by Middlesbrough and Teesside Philanthropic Foundation.

"Patricia lives in her own home, a 4 bedroom semi-detached house which has no central heating as her boiler is broken. The only heat source she has is 2 electric radiators in her lounge. Our staff member Jackie, gave Patricia a Winter Warmer Pack. Patricia was quite taken aback to be receiving a gift and very happy with all the items in the pack." Anne Sykes, CEO





Age UK Teesside's Make a Will Month

EXCLUSIVELY IN PARTNERSHIP WITH TILLY, BAILEY & IRVINE

This extra special offer is available only during July, the solicitors are giving their time and expertise freely, all they ask is that you donate a minimum of £80 to Age UK Teesside in return for a single will or a minimum of £100 for a pair of matching Wills. In addition to benefiting from this fantastic launch 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.

TIILY, BAILEY & IRVINE
STOCKTON
T: 01642 356407

TIILY, BAILEY & IRVINE
HARTLEPOOL
T: 01429 405081

Tilly Bailey & Irvine
law firm

tbi

PLEASE REMEMBER THAT YOU WILL NEED TO TAKE YOUR ID TO YOUR WILLS APPOINTMENT ALONG WITH CASH OR A CHEQUE TO MAKE YOUR DONATION

Probation Service

“Age UK Teesside is now piloting a project working alongside the team from Durham and Tees Valley Community Rehabilitation Company. My role is to work closely with the team within the community hubs to provide support, advice and guidance to participants aged 50+.

Participants who meet this criteria are referred to Age UK Teesside. A social and well-being assessment will be carried out using the Warwick-Edinburgh mental well-being scale (WEMWBS), which aims to identify areas in which the participant requires support, such as welfare and benefit advice, referral to local befriending services or support in accessing volunteer opportunities. Upon completion of the intervention from Age UK Teesside the WEMWBS assessment can be utilised again to gain an understanding of the success of the intervention, and identify the areas which have both been improved or may require further support from both Age UK and the probation officer working with the individual, such involvement aims to reduce the chances of the participant re-offending in the future.” - A Bowstead

Durham Tees Valley

Community Rehabilitation Company

Case Study



Participant A, came into the hub for usual meeting with probation officer. I was asked to speak to the participant as he met the Age UK Teesside age criteria and the probation officer felt this participant would benefit from some additional support. I spoke with “A” about which areas he feels are worrying him, he explained that he is unsure if he is receiving the correct benefits and would like to have this looked at. We discussed which area he lived at and established that and benefits advice hub takes place local to his address therefore signposted him to this service to have them checked. He appeared very happy with this small bit of advice and which would potentially reduce much of his stress and anxieties regarding his finances.

Teesside
ageUK
Love later life

MAD HATTER'S CHOCOLATE WALK

1ST JULY 2018
MAJUBA ROAD CARPARK, REDCAR

£8 PER CHILD
(SPONSORSHIP REQUESTED)

RED CAR
FULL
OF
LIFE
FAIR
FOR THE
EVERYONE

REGISTERED CHARITY NO: 762714

Middlesbrough Free Food List—Spring 2018



Monday

10:00am—1:00pm: Neighbourhood Welfare, 11 Princes Road, Middlesbrough

4:30pm—5.30pm: North East Help Link, Yew St Car Park (Behind the Hope Foundation)

7.30pm—9.30pm: Columba Project, St Columba's Church, Wilson St (Behind Sainsburys)

Tuesday

10:00am—1:00pm: Neighbourhood Welfare, 11 Princes Road, Middlesbrough

11:00am—12:00pm: Breakfast at the Salvation Army, Southfield Rd, Middlesbrough

4:00pm—5:00pm: Praise Christian Centre International, Brentnall St (nr Bus Station)

7.30pm—9.30pm: Columba Project, St Columba's Church, Wilson St (Behind Sainsburys)

Wednesday

10:00am—1:00pm: Neighbourhood Welfare, 11 Princes Road, Middlesbrough

7:00pm—8:00pm: Christian Life Missionaries, The Tunnel (nr Zetland St Car Park)

Thursday

10:00am—1:00pm: Neighbourhood Welfare, 11 Princes Road, Middlesbrough

7:00pm—8:00pm: Hugs for the Homeless, Breckon Hill Community Centre, Breckon Hill Rd



Hugs For The Homeless

Friday

10:00am—1:00pm: Neighbourhood Welfare, 11 Princes Road, Middlesbrough

5:00pm—6:00pm: Recipe Evening Meal, M'brough Community Church, Clifton Street

6:30pm—8:30pm: Sowing Seeds Missionaries, The Basement, 55 Grange Road

Saturday

1:00pm—2:00pm: The Upper Room Project, Grange Road (Behind John Paul Centre)

(Access via the red door)

6:00pm—6:30pm: One Ummah, Abingdon Rd International Centre, Middlesbrough

Sunday

4:30pm—5:30pm: Off the Ground Coffee Shop, Grange Rd, Middlesbrough*

*Open on a fortnightly basis—see below for dates

5:00pm—6:00pm: Guru Nanak's Free Kitchen (The Sheik Community), The Tunnel (nr Zetland St Car Park)

Off the Ground Coffee Shop Dates

MARCH	11th & 25th
APRIL	8th & 22nd
MAY	13th & 27th
JUNE	10th & 24th
JULY	8th & 22nd
AUGUST	12th & 26th
SEPTEMBER	9th & 23rd
OCTOBER	14th & 28th
NOVEMBER	11th & 25th
DECEMBER	9th & 23rd

**This list has been updated on
17/03/2018**

**If you are aware of any new places
providing food—or any who are stop-
ping, please contact
jill.fidan@cgl.org.uk**

01642 876 323

**Or call into the Live Well Centre,
Dundas House, Dundas Arcade
Middlesbrough**

**THE
LIVE WELL
CENTRE**

**FREE
FOOD**

Elderly care concerns.

What can I do?



The safety and well-being of the elderly in care is paramount. There are difficult and important decisions to make. *Will the care provider keep them safe? Will they be happy there?*

When care is subsidised by the local authority, they will make recommendations regarding a suitable care home. The local authority can be challenged if there is concern about the level of care being provided. If necessary, this can be done by making a complaint to the local authority. The complaint will be investigated and a response must be given in accordance with their complaints procedure.

Care homes are regulated by the Care Quality Commission and where there are concerns regarding a vulnerable adult, a **safeguarding alert** will be raised.

Safeguarding means protecting individuals' health, wellbeing and human rights, so they can live free from harm, abuse and neglect.

Examples of safeguarding issues include:

- Pressure sores (bed sores)
- Malnutrition
- Incidences of falls
- Unexplained falls
- Unexplained bruising

Tilly Bailey & Irvine 
law firm



If there has been a safeguarding alert raised or if you have concerns regarding the care of a loved one, please call **01642 356437** to speak to **Helen Elstob, Associate Solicitor**, who will discuss with you what steps you can take against the care provider.



www.tbilaw.co.uk

Tilly Bailey & Irvine LLP

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

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



@tbilaw



TillyBaileyIrvine



Tilly Bailey Irvine



TbilawCoUk



TBILaw

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





FEATURING
CHICO!

£5
ENTRY PER PERSON
(SPONSORSHIP
REQUESTED)

WORLD RECORD BREAKING

SAMBA

Teesside
age UK
"Love later life"



1st JULY 2018

MAJUBA ROAD CAR PARK, REDCAR

SIGN UP ONLINE

WWW.FULLOFLIFEFAIR.ORG.UK

OR CALL 01642 803326

