

March 2019



MARCH AGAINST LONELINESS

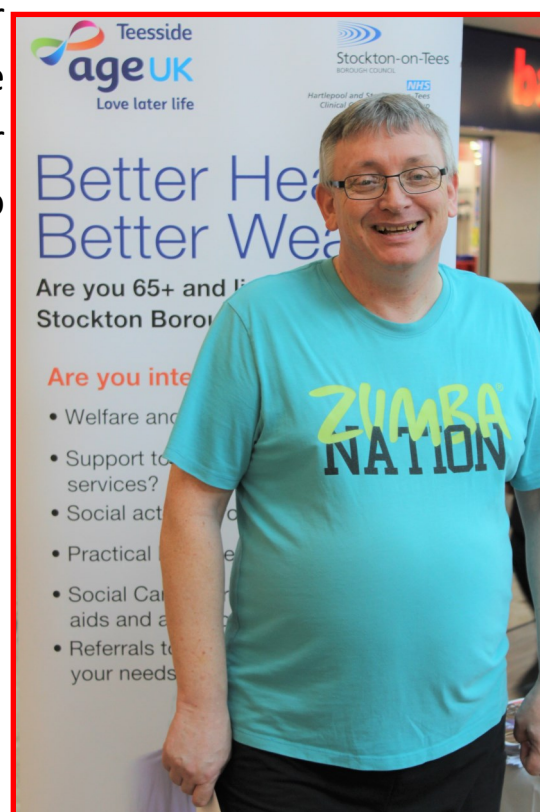
Dance Through Time - Zumbathon

On Sunday 17th March, Age UK Teesside held our first Zumbathon to fight loneliness in Teesside. Instructor Glyn Stinchcombe (below, right) developed the routine with his Zumba class, members of which took part on the day, and led the group for a 2-hour *dance through time*.

Everyone who took part did an amazing job and helped raise money to reduce loneliness and isolation in our community. Thank you to our instructor Glyn, all of the dancers and everyone who sponsored them for supporting your local Age UK and enabling us to support local older people.

(More photographs on page 3)

£277.45
RAISED



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Zumbathon (continued)

Whilst our fundraisers danced away, staff showed their support and snapped the following photographs. Thank you once again to everyone involved and brought such wonderful energy on the day.



Ellie Lowther

Age UK Teesside are delighted to welcome Ellie Lowther, founder of Trans Aware & Essential Learning Curve Ltd as our new Equality and Diversity Officer.



"I am Absolutely thrilled to be joining the amazing team at Age U.K. Teesside as Equality & Diversity Officer. I have always believed that Diversity is in every community and as such, should be represented in every organisation. I look forward to working alongside passionate individuals to bring support, awareness & inclusion to the over 50s via Age U.K. Teesside".

- Ellie Lowther

Ellie Lowther was the first openly trans woman to be shortlisted and awarded special recognition for the "Inspiring Women", Mo Mowlam Awards as well as being nominated in the Positive Role Model category in this year's National Diversity Awards.

Ellie is very passionate about supporting those on the edges of our society and has supported over 300 gender variant people in the past 2 years via Trans Aware as well as writing policy & delivering awareness sessions & workshops to great feedback around the UK.

Bringing her unique talents to Age UK Teesside is a progression in her own mission of bringing diversity to the mainstream. If you are over 50 and identify as LGB or T or have any other protected characteristic under the Equality Act 2010 & PSED please contact us at Age UK Teesside for an element of support that makes a real difference.

Everyone at Age UK Teesside welcomes Ellie to the team, we are very grateful for her support and excited to see what new ideas and projects she takes part in while with us.



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 14TH JULY 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

STROLLERS & STRAGGLERS

Dementia Walking Group

FOR PEOPLE WITH DEMENTIA & THEIR CARERS. THE SESSION WILL INCLUDE A LOCAL WALK AND REFRESHMENTS IN A SOCIAL SETTING.

THE SESSIONS ARE OPEN TO ANYONE IN THE TEESSIDE AREA TO ATTEND.

FOR MORE INFORMATION PLEASE CONTACT ANNE SYKES OR LOUISE WHEATLEY ON :

01642 80 55 00

Walking routes will rotate on a 4-weekly basis, including:

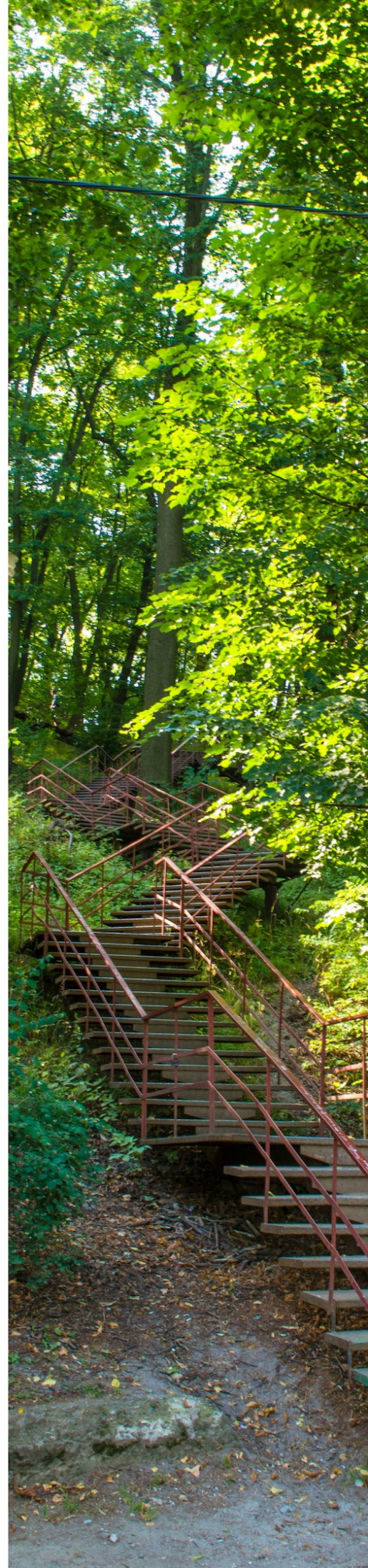
TEES BARRAGE
ROPNER PARK
PRESTON PARK
THORNABY

10:00am - 12:00noon

Monday

Live Well Dementia Hub

Thornaby



Walking Group Schedule (April 2019)

April 2019

1st	Teesside Barrage
8th	Preston Park
15th	Ropner Park
22nd	EASTER MONDAY—No Walk
29th	Teesside Barrage

If the weather is bad we will be doing activities in the Livewell HUB, Thornaby within our Monday Mates group. All will be welcome to join.

Please contact Louise on 07737213018 or Age UK Teesside on 01642805500 if you can't make it or would like to join.



Funding & Fundraisers

There's still plenty of time to sign up for our upcoming events and fundraise for Age UK Teesside; experience the thrill of swimming in open water, or falling through the air from an aeroplane, bring your four-legged friends for a walk or bungee from the Transporter Bridge—we have something for everyone!

Check out the following events and dates for 2019:

- 7-9 June **Great North Swim**
- 14 July **Transporter Bridge Bungee Jump**
- 28 July **Bark in the Park (Summer)**
- August **Wills Month**
- 25 August **Skydive**
- 8 September **Great North Run**
- 1 December **Bark in the Park (Christmas Edition)**
- 8 December **Santa's on the Bridge Abseil**



The **Great Swim series** began in 2009, and has grown into the largest swimming event series in the UK. With 22,000 competitors and 50,000 spectators, the Great North Swim is suitable for swimmers of all ages.

This is an open-water swim, taking place in the Lake District in June 2019.

Entry: £10

Min. Sponsorship: £200

Location:

Windermere, Lake District
Cumbria

Entrants:

10,000

Distance:

1 Mile



FEATURING
Fun Companion Dog Show
Starts 12.30pm

CALLING ALL DOGS!



BARK IN THE PARK

SUNDAY 28 JULY 2019



**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**

If you would like to take part in any of our fundraising events, or to set up
one yourself, please contact Laura on **01642 443 727**

AGE UK TEESSIDE

LASTING POWER OF ATTORNEY

Our Information and Advice service have specially trained staff who may be able to help you with setting up your lasting power of attorney. Cost is from £200 for one person for 1 or both LPA types

Health & Welfare LPA

Use this LPA to give an attorney the power to make decisions such as :

1. Daily routine, for example washing, dressing or eating
2. Medical care
3. Moving into a care home
4. Life-sustaining treatment

Property & Financial Affairs LPA

Use this LPA to give an attorney the power to make decisions such as :

1. Managing a bank or building society account
2. Paying bills
3. Collecting benefits or a pension
4. Selling your home

**To find out more or make an appointment
please call 01642 805500
and ask for Laura, Anne or Graham**



Pop-up Music Cafés are Coming to Town!



Free concerts for over 50s

Come along and experience the joy of live music at
The Livewell Hub, Thorntree Road, Thornaby TS17 8AP

Wednesday 17 April at 1:00 pm

Bloomfield Duo
guitarist, singer

To book a place please call Louise or Gill at
Age UK Teesside:
01642 805 500



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



facebook.com/MiHCUK



twitter.com/mihcwalton



youtube.com/mihc

Join us at our “Memory Lane”

Dementia Cafés

in Middlesbrough

If you have dementia, or are caring for someone with dementia, you'll be welcomed at your local café.

Marton Community Hub & Library—Second Monday (Tel 01642 300255)

When: 14th January, 11th February, 11th March, 8th April

Time: 2:00pm - 3.30pm

Middlesbrough Central Library— Third Wednesday (Tel 01642 729002)

When: 16th January, 20th February, 20th March, 17th April

Time: 1.00pm - 3.00pm

Acklam Community Hub & Library—Fourth Thursday (Tel 01642 817810)

When: 24th January, 28th February, 28th March, 25th April

Time: 1.30pm - 3.30pm

For more information please contact Diane Fleet:

01642 729417 or diane_fleet@middlesbrough.gov.uk

We look forward to seeing you

Better Health Better Wealth: Group Timetable

Monday Mates—NEW

Mondays, 10.30am—12pm

Live Well Hub, Thorntree Road, Thornaby.

Sessions are 50p

Try-It-Tuesday

Tuesdays, 1pm—3pm.

Live Well Hub, Thorntree Road, Thornaby.

Friday Friends (for those living with Dementia)

Fridays, 1pm—3pm.

Live Well Hub, Thorntree Road, Thornaby.

Sessions are 50p.

Carers meet at the same time in the room next door.

Thornaby Sociable Club

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.

*Phone the BHBW Team
on 01642 805500*

*to book your place for
any of our events/
groups.*



Phoenix 2019

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

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

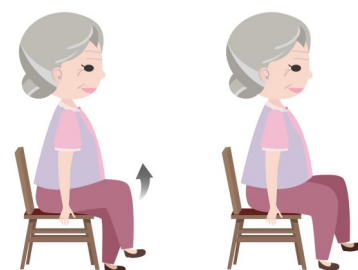
Chair exercise is a fun seated workout for people living with dementia, including a vast range of gentle exercises without leaving your chair. Join in and reap the physical benefits all whilst having fun with friends and reminiscing about past times.

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 (every 2 weeks—see schedule on page 14)

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 morning & 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 433723 / Mobile 07834 181188

or reception 01642 805500



Easter Bonnet Competition

Friday 26th April



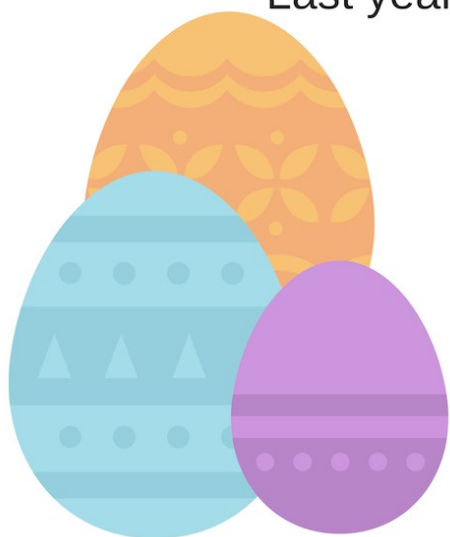
Get creative!!

On Friday 26th April we will be hosting our Easter Bonnet Competition along with an Easter Raffle – we will also have a Fish & Chip lunch, plus some Prize Bingo.



Last year's top 3 Easter Bonnets; left to right, 1-3

Please contact Tina on
01642 433 723
to book a place & bring a
Bonnet.



Friendship Friday



Enjoy a Quiz, Raffle and Prize Bingo!

Bingo & Raffle tickets available to purchase

(bring along a raffle prize)

Fish n Chip lunch £4.60 or bring a packed lunch.

11.15am – 2.30pm

£2.00 Admission (includes refreshments)

Do you live in Teesside? Want to be more socially active? Join our Friendship Friday group!

At St Cuthbert's Church Hall
Stokesley Rd
Marton
Middlesbrough TS7 8JU

For more information please call

01642 433 723

email **tina.bonner@ageukteesside.org.uk**

or visit **www.ageukteesside.org.uk**

Age UK Teesside is a charitable company limited by guarantee and registered in England and Wales
Registered Charity Number: 702714
Company Number: 2152353
190 Borough Road Middlesbrough TS1 2EH



Lunch n Social

Come along and make new friends

Light lunch plus refreshments provided £4.

Alternatively bring a packed lunch.

Enjoy, dominoes, scrabble, musical Bingo or just a chat !!

North Ormesby Community Hub every Tuesday 11am – 2pm

Contact Tina to book in Tel 01642 433723



Can We Make Use of Your Old Money?

Shops stopped accepting the round £1 coins on 15 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**



Age UK Teesside are once again taking part in the Big Knit Campaign.

This year's target is 2,000 hats and we welcome all participants of all knitting experience to help us raise money to battle loneliness amongst older people across Teesside.

You can use the knitting pattern we have provided or go online to thebigknit.co.uk for further inspiration.



little hats, big difference



intermediate crochet pattern by Juliet Bernard

Yarn: Red and yellow

Crochet hook: 3.5mm

Hat

You will be working in spirals so you might like to use a locking stitch marker to keep track of the round.

Using the magic loop technique and red yarn make 6dcs into the ring. Join with a ss.

Round 1: make 2dc in each dc from the previous round.
Join with ss (12sts)

Round 2: *1 dc, 2dc in next dc, repeat from * to the end of the round. Join with ss (18sts)

Round 3: *1 dc in next 2 dcs, 2dc in next dc, repeat from * to the end of the round. Join with ss (24sts)

Round 4: 1 dc, in each dc to the end of the round. Join with ss.

Repeat round 4, 3 more times.

Round 8: * 2dc in next st, 5dc, repeat from * to the end of the round (28sts)

Round 9: *2dc in next st, 1dc, repeat from * to the end of the round (42sts)

Round 10-11: 1dc in each st

Round 12: change to yellow, 1dc in each st

Fasten off and sew in ends.



send your hats to:

FAO: Tina Bonner, Age UK Teesside

Dorothy Rose Suites (29-32), The TAD Centre

Ormesby Road, Middlesbrough, TS3 7SF

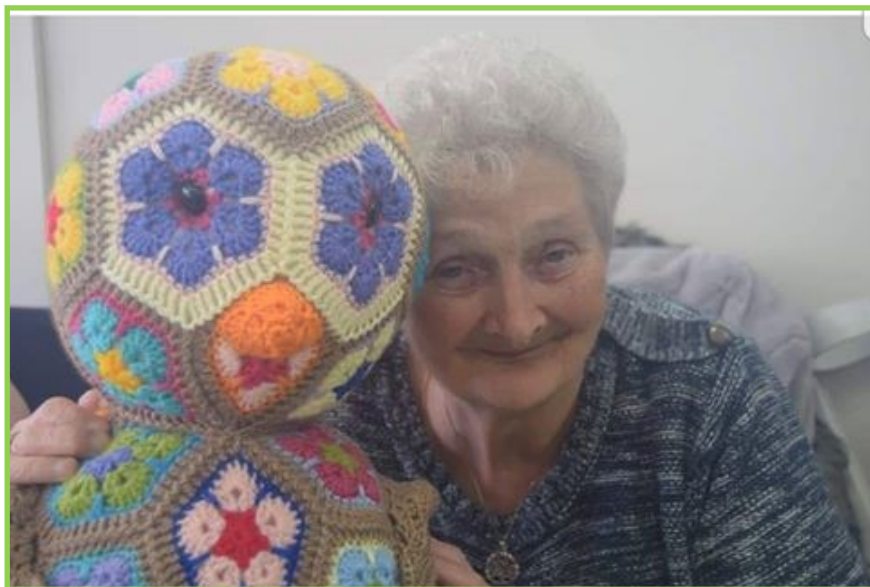
Abbreviations: ch – chain | st(s) – stitch(es) | dc – double crochet | ss – slip stitch





Redcar Befriending: Extended Service

Community Stepping Stones: Knit & Natter



Community Stepping Stones' Knit & Natter group is the perfect place to let your creativity loose and make something wonderful—like this wonderful knitted owl (left).

This finished owl is big and beautiful, and made to be

cuddled. Knitted by the very talented Tracy; the lady above couldn't resist a snuggle.

£2 to join in and your first cup of tea or instant coffee for free. Bring your own knitting, crochet or sewing, or join in with our group project.

Every Wednesday, 11am – 2pm
Drop in. All welcome.

An opportunity for you to meet new friends, relax in good company and support a new community venture.

Held at **Community Stepping Stones: 5 Farndale Square, Dormanstown. TS10 5HE.**
Tel: 01642 497707

Community Stepping Stones is a **not for profit** company that supports adults with a learning disability to develop realistic steps towards individual independence.



GAMES AFTERNOON FREE

TO THOSE WHO BUY A TEA OR COFFEE

EVERY THURSDAY

12 NOON – 2PM

AT



Community Stepping Stones
CIC

5 Farndale Square Dormanstown TS10 5HE

When was the last time you had a game of cards or
played a board game with friends?

Relax with a cup of tea or fresh coffee and try our cakes and
biscuits



Come along to our new community café in **Farndale Square,**
Dormanstown, meet new people, join in and have fun. We have cards,
dominos, Beetle drive, Ludo. etc.

For more information contact Amanda Bowstead on 07921464126

Or Amanda.bowstead@ageukteeside.org.uk

Or Robynne.orton@ageukteeside.org.uk

Redcar Befriending Service

Redcar's befriending service has developed a number of good



working relationships with local organisations allowing us to reach out and support more people within our community than ever before. One such organisation is 'Community Stepping Stones', this local organisation is a café located in Ennis square, Dormanstown. The café aims to support and provide opportunities for

people living with learning disabilities, helping these people gain work experience in a functioning cafe. Here at Redcar's befriending service we have collaborated with the Di and Jo, who run community stepping stones to develop and come up with ideas for groups which local residents will be keen to engage in. Since opening the café has already seen great success with a number of befriending clients going along and enjoying the groups reducing the loneliness and isolation they were previously experiencing.



Redcar befriending team were lucky enough to be invited along to the official opening of Community Stepping Stones and we hope to continue to collaborate with this fantastic service for the benefit of Redcar's clients in the future.

Redcar's befriending service has also been working alongside Janet Easley. To help develop a community activity in the Grangetown area. This

is aimed at local residents who are isolated and would like to socialise in the local community, and we feel this is a great project to support within Redcar and Cleveland's extended service. Although this has not yet began we feel really happy to be involved with such a great project, and we are excited to see it develop in the coming months.

Grangetown Get Togethers

Coming Soon

*Arts & Crafts

*Pet Therapy

*Guest Speakers

*Chair Dance

*Table Top Games



Over 40? Please come and join us every fortnight for friendship, food and fun. We have an organised programme of events taking place and a light lunch and refreshments will be provided at every session.

Fortnightly starting
Wednesday 3rd April 12.30—2.30pm

St Hilda's Church Hall
Clynes Road Grangetown

Voluntary donation of £2 per event to help us continue. No booking required. Just turn up. For further details contact Jan Topham on 07748760916

In partnership with St Hilda's Church, RCBC, Grangetown Community Groups, Beyond Housing & Age UK

April Activities

Wednesday 3rd April	Sing-a-long from the old days with One Voice Choir
Wednesday 17th April	Try your luck with a bingo session—prizes to be won

Case Study: Violet & Mike

Finally Redcar and Cleveland's befriending team work really hard to ensure clients are suitably matched to a befriending volunteer, so that both parties gain a lot from the time together and enjoy the befriending experience. Therefore, we are so pleased when we see a successful match and see both a client and volunteer so happy with their match.

Our client Violet was matched to volunteer Mike, this was Mike's first experience of both befriending and volunteering. The pair hit it off

immediately and have thoroughly enjoyed the time they have spent together on befriending visits.

Mike recently talked about how it was Violet's birthday on his visit so he decided to buy her some gifts and make sure she enjoyed her day.

Mike said ***"Violet and I are closer than ever. I really enjoy our time together, for her birthday I wanted to make her feel special so I got her a couple of gifts and a birthday cake, she really appreciated it. Looking forward to seeing what March has in store for us."***



For more information contact Amanda Bowstead on 07921464126

Or Amanda.bowstead@ageukteeside.org.uk

Or Robynne.orton@ageukteeside.org.uk

In 2019, Age UK Teesside are visiting libraries across Middlesbrough, delivering information about our services, including Befriending. Tea and coffee will be provided. All welcome.

THU 21 FEB	MARTON
THU 21 MARCH	EASTERSIDE
THU 18 APRIL	ACKLAM
THU 16 MAY	CENTRAL
THU 20 JUNE	NORTH ORMESBY
THU 18 JULY	HEMLINGTON

All Events
2.00pm - 4.00pm



Pop along for a chat and a cuppa and find out what is going on in your community.

No Booking Required.

MIDDLESBROUGH BEFRIENDING ROADSHOW

There are many older people in the area who are experiencing loneliness and isolation and as a service we are trying to reach those who go days without social interaction and are socially isolated. This 'hidden' population could benefit hugely from the Middlesbrough Befriending Service and we have large pool of trained volunteers to help those who would like company and would benefit from some social interaction.

We are currently working with a number of people in Middlesbrough and our volunteers are providing individuals with 1:1 support in their homes, providing social interaction and doing an all-round fantastic job.

One of Middlesbrough volunteers, Emma, has been visiting client "G" for 3 months now and has built up such a great friendship with him that she recently contacted me and said.....

" My heart absolutely melted yesterday and I was so happy.

I went to see G and he had made these paper toys for my boys ♥ It made me smile, as I know he has a lot of time to himself and has trouble with his hands, so it was lovely to see what he had achieved ♥



My boys absolutely love them and I can't wait to tell George next week ♥

Just felt I needed to share this with you ♥"

Befriending brings enormous rewards to both parties and the relationships that flourish through befriending are often extraordinary. When we match 2 individuals together – whom would normally never meet - a unique and special relationship develops and the results are positive and can change lives.

As part of our reaching out to those in need we are working with Middlesbrough Libraries Service and visiting every community Hub over the next 6 months and taking the Befriending Roadshow to communities. If you would like to pop along for a chat, make a referral , pick up some information for a neighbour or somebody in your community, or just have a cuppa please come along (please see the Roadshow poster on the previous page).

For more information regarding Befriending please call Paula on 01642 805500 or e-mail paula.taylor@ageukteside.org.uk

Hartlepool Befriending Network

The Hartlepool Befriending Network continues to grow from strength to strength. With a strong team of volunteers behind her to take care of our growing client numbers, Pam has been really busy attending promotional events and using these to expand her network of community associations she works with.

Friday, 8th March 2019 was 'International Women's Day' and Pam attended an event at Hartlepool Borough Hall which brought many agencies together to celebrate this important event. With entertainment and guest speakers it was a memorable day, If you know of an event that Pam may want to attend, why not give her a call?



You may want to volunteer yourself (there is no age limit), all we ask is for 2 character references and a DBS check following an informal interview.

If you know of an elderly person/relative who would benefit from our service then don't hesitate give Pam a call, what have you got to lose? Our criteria for this project is:

- **Aged over 65 years of age**
- **Lonely**
- **Socially Isolated**

If you would like to know more about our Befriending Network in Hartlepool, please give Pam a call on **07808 306184** or email her at:

pamela.cairns@ageukteeside.org.uk



HARTLEPOOL
BOROUGH COUNCIL



Puffin' Group



A Respiratory Peer Support Group

A peer support group for those with respiratory conditions. Come along to this friendly group and meet others with similar life experiences.

Always a warm welcome.

For more information please contact Helen Maycroft on 07921464108

Sessions take place every other Thursday, 12.30pm—2.30pm

At East Avenue Community Centre, East Avenue, Billingham, TS23 1BY.

Dates for the diary :

7th February 12.30—2.30pm

21st February 12.30—2.30pm

7th March 12.30—2.30pm

21st March 12.30—2.30pm

4th April 12.30—2.30pm

18th April 12.30—2.30pm

On 7th February we have Santander visiting the session to talk about fraud and scam awareness.

During March we will have a visit from the Clinical Lead from North Tees and Hartlepool Respiratory Team

The Last 30 minutes of sessions will focus on seated chair based exercise for those who wish to stay and do this.



Health and Wellbeing Peer Support Groups

Love Quality of Life. Improving wellbeing and isolation

These peer support groups are for those with respiratory conditions, diabetes and neurological conditions. Come along to these friendly groups and meet others with similar life experiences. Carers and partners also welcome.

Always a warm welcome.

The last 30 minutes of sessions will focus on chair based exercise for those who wish to join in.

Diabetes Peer Support Group

Fortnightly, Mondays 1.00—3.00pm
At Primrose Hill Community Centre,
Appleton Road, Newtown,
Stockton on Tees, TS19 0HL. (No. 15 Bus)

18th March
1st April
15th April
29th April
13th May
10th June
24th June
8th July
22nd July
(Type 1, Type 2 and pre-diabetic)

Neurological Conditions Peer Support

Fortnightly, Wednesdays 1.00—3.00pm
At The Robert Atkinson Centre,
Thorntree Road, Thornaby, TS17 8AW.
(No. 15 Bus)

20th March
3rd April
17th April
1st May
15th May
29th May
12th June
26th June
10th July
24th July
(including, but not exclusive to: MS, Motor Neurone Disease, Parkinson's, Stroke, Dementia, Cerebral Palsy, Epilepsy, Huntington's Disease, Acquired Brain Injury)

Respiratory (Puffin) Peer Support Group

Fortnightly. Thursdays 12.30—2.30pm
At Billingham Masonic Hall, Mill Lane,
Billingham, TS23 1HF. (No. 34 bus)

21st March
4th April
18th April
2nd May
16th May
30th May
13th June
27th June
11th July
25th July

For more information please contact Helen Maycroft on 07921464108

INFORMATION EVENT FOR THE VISUALLY IMPAIRED



**at
United Reformed Church
Station Road, Redcar**

Friday 31st May 9.30am – 1.00pm

Stands include:

EQUIPMENT – SERVICES – SUPPORT

Refreshments Available

**Contact Irene Poynter on
01642 470912**

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

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 Suites (29-32),

The TAD Centre, Ormesby Road,

Middlesbrough,

TS3 7SF

www.ageukteesside.org.uk

01642 80 55 00

Volunteer Wanted

Volunteer required with IT experience in Redcar & Cleveland to deliver IT training or support on a one to one basis.

Call Robynne on **07718125013**



Teesside University is sponsoring
this project for the purposes of
research governance

The relationship between back shape/posture, balance, falling, and fear of falling in older adults with hyperkyphosis:

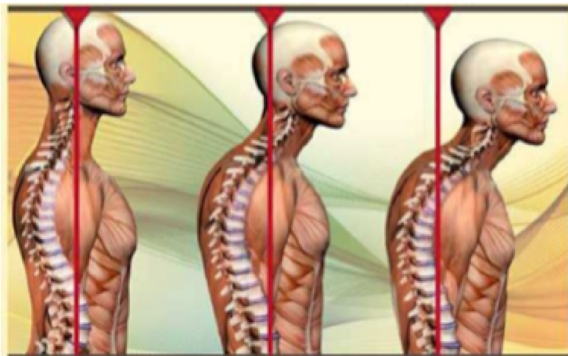
Are you aged 50 or over?

Are you able to walk without using any aids like a stick or Zimmer Frame?

Have a forward head and upper back (hyperkyphosis)

Are you free from any medical condition that affects your balance and your ability to stand independently?

I am looking for volunteers to take part in my PhD project using a non-invasive 3D mobile posture tool that will measure your back and body shape and posture. You will ask to complete 2 questionnaires (history of fall and fear of falling). Your balance will also be measured where you will need to stand on a mat.



If you are interested and would like more information. Please contact me on:

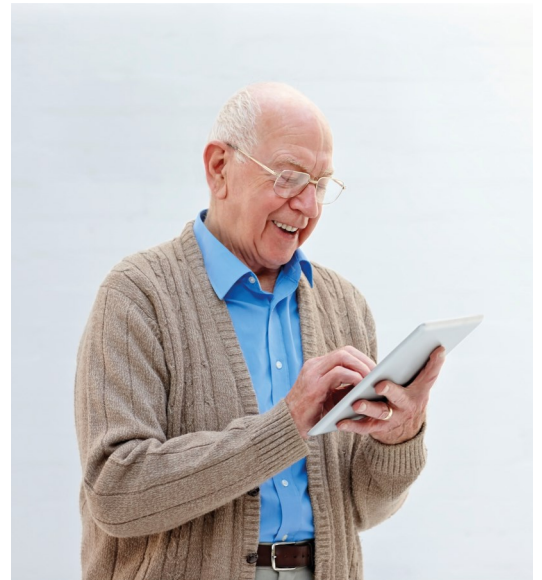
Roongtip Duangkaew
PhD Student

R.Duangkaew@live.tees.ac.uk

Telephone: 07465666344

Silver Surfers (65+)

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



Where:

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

When:

Pop-in sessions every Friday*
between 10:30am-12:00pm

£1 to attend

***For more details please
contact Robynne at
Age UK Teesside on
07718125013***