

# MAY 2019

## Art & Poetry Competition Winners

The students of the Lakes Primary School Redcar, took part in our first ever art and poetry competition recently.

The children were asked to think about loneliness and how it might affect older people. The children were then asked to produce a poster on ways to tackle loneliness, and the older children were also asked to write a poem about loneliness.

We were very impressed by the quality of the submissions and the lovely Dorothy Rose (right) was delighted to pick our winners.

Winner of the Poetry Competition:

**Owen Kilpatrick, Aged 11**

Winner of the Poster Competition (9-11):

**Ronnie Sayers, Aged 11**

Winner of the Poster Competition (6-8):

**Reinier Prado, Aged 7**



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Congratulations  
to our winners  
and a big thank you  
to all of the staff  
and students at  
the Lakes Primary.



# Pop-up Music Cafés

## are Coming to Town!

Free concerts for over 50s

Come along and experience the joy of live music at  
North Ormesby Hub, Derwent Street, Middlesbrough, TS3 6JB  
on:

**Tuesday 11th June at 1pm**

**Robert Whitehead & Tom McConville**  
accordion, violin

To book a place please call Tina or Louise 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](http://mihc.org.uk)

Registered Charity England & Wales: 1051659 Scotland SC038864



[facebook.com/MiHCUK](https://facebook.com/MiHCUK)



[twitter.com/mihcwalton](https://twitter.com/mihcwalton)



[youtube.com/mihc](https://youtube.com/mihc)





This concert has been made possible thanks to the generosity of



# 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 3rd July at 1:00 pm**

**The Alan Jones Trio**  
guitar, flute, cahon

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](http://mihc.org.uk)

Registered Charity England & Wales: 1051659 Scotland SC038864



[facebook.com/MiHCUK](https://facebook.com/MiHCUK)



[twitter.com/mihcwalton](https://twitter.com/mihcwalton)



[youtube.com/mihc](https://youtube.com/mihc)

# 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 :

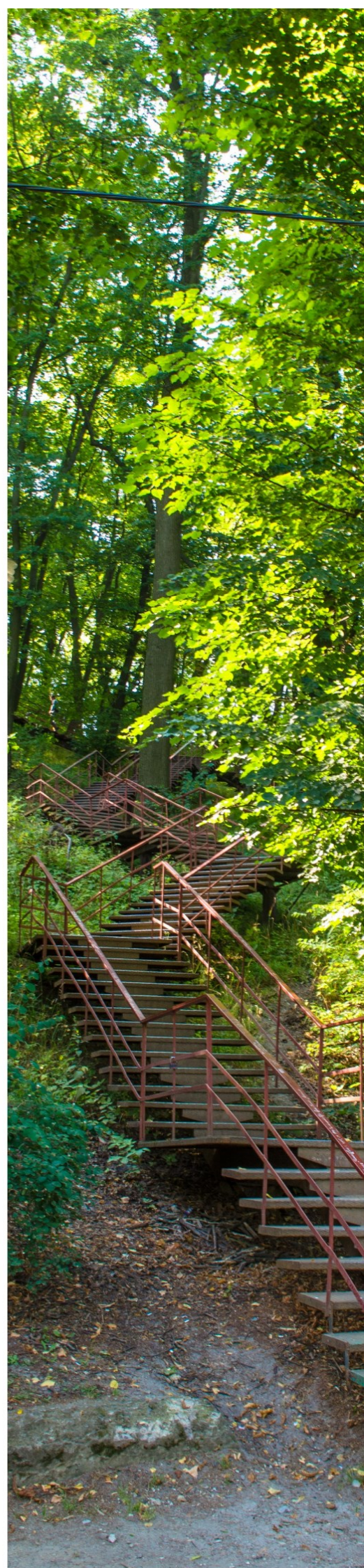
**01642 80 55 00**

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

TEES BARRAGE  
ROPNER PARK  
PRESTON PARK  
THORNABY

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**10:00am - 12:00noon**  
**Monday**





# Walking Group Schedule (May - July 2019)

## May 2019

- 6th - Bank Holiday
- 13th - Ropner Park
- 20th - Norton
- 27th - Bank Holiday



## June 2019

- 3rd - Stewart Park
- 10th - Teesside Barrage
- 17th - Preston Park
- 24th - Ropner Park



## July 2019

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

If weather is bad we will have  
activities at the Livewell HUB

Thornaby within our Monday Mates Group, all  
will be welcome to join this group.

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





# Bark in the Park

Last year's Bark in the Park was a fantastic event and we are aiming to make this year bigger and better. We are welcoming everyone to take part in the 3-mile sponsored walk around Preston Park for just £5 per dog plus sponsorship.

Our Fun Companion Dog Show will be returning, full category list below, as well as the addition of the pageant, winners of which will take home a crown.

## 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**

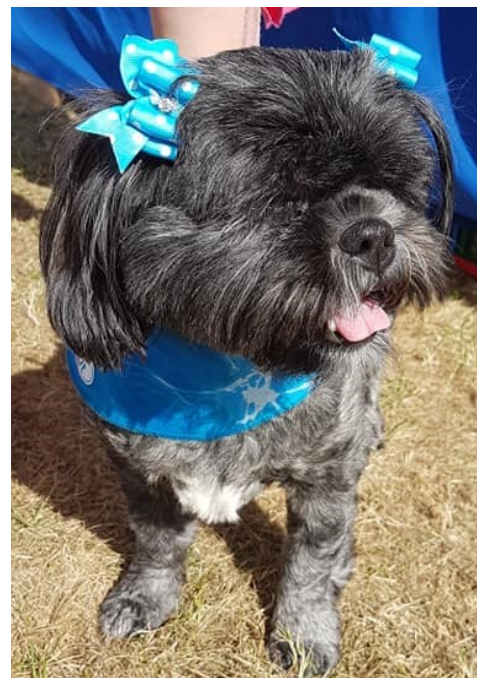
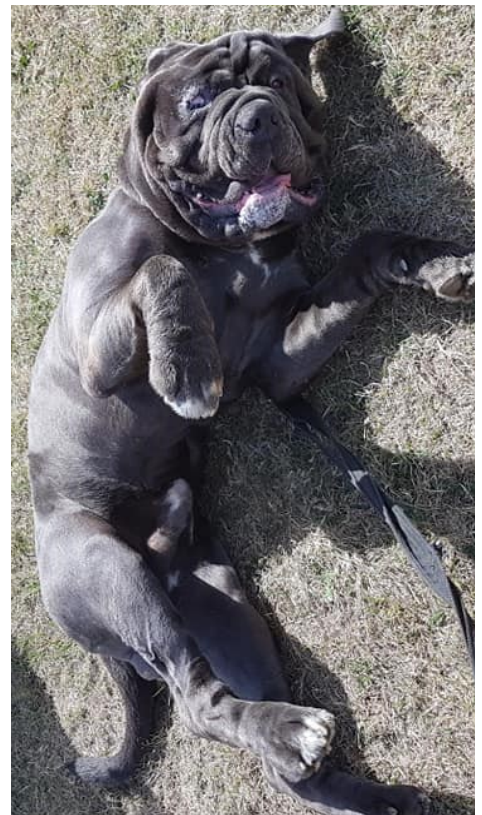
**Best Large breed**

Entry costs £1.50 per dog per category (enter on the day).  
Rosettes 1st-4th place.

Cups for Best in Show and Best Child Handler.

The Dog Show takes place at 12.30pm on the main field outside Preston Hall immediately after the Bark in the Park Dog Walk.

Special thanks to our fantastic Judge Patricia Hogg for all the work she does on the day and in the lead up to the event.





**FEATURING**  
Fun Companion Dog Show  
Starts 12.30pm

# CALLING ALL DOGS!

A cartoon illustration of a happy, light brown dog with floppy ears, sitting and smiling. It is positioned in the center of the word 'DOGS' in the main title.

## **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 433 727**

## Corporate Adoption: Teesside Money

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On Friday the 26<sup>th</sup> April 2019 Anne Sykes, Chief Executive presented Ian Skerrit and Steve Paterson of Teesside Money with their Corporate Adoption award.

Ian said, ***'We are a local business serving local people and strongly believe in building a community spirit, hence the fact we have relocated to a high street location, this gives our clients the option of calling in to speak to us in person.'***

***We chose Age UK Teesside as our preferred charity as we see some of the work they do within the community for the older generation. Like us, they are passionate about supporting the older community and we felt the link worked well'.***

Teesside Money are fundraising for Age UK Teesside throughout the year, having already raised over £480 from their recent launch raffle. They are now focusing on adrenaline fuelled challenge events





## Corporate Support

### Corporate Adoption

Is your company looking to support a highly respected local Teesside charity with a reputation for excellence in care and service delivery for your local community?



Have you nominated a charity of the year?

Are you looking for the perfect charity partner for next year?

Age UK Teesside will work with you to achieve your Corporate Social Responsibility objectives in a fun and inspiring way. Whether your focus is on volunteering and donating valuable staff hours, staff fundraising or on the more outrageous challenge events...we are here to support you and your team in supporting us.

### Corporate Partner

Partnering with Age UK Teesside could be beneficial for you by raising your profile within the community helping you meet your corporate social responsibility (CSR) objectives and it's a great way to motivate employees, gain insight into the over-50s market and get some great PR.

#### ***Corporate Partner - £1,000\****

1 Year Corporate Partnership with Age UK Teesside

Authorised use of the Age UK Teesside Corporate Partner logo

Etched Glass Corporate Partner Award

Framed Certificate

Featured on Age UK Teesside's Website, Newsletters and Social Media

For more information contact Anne Sykes, Chief Executive on

**01642 805500** or email [anne.sykes@ageukteesside.org.uk](mailto:anne.sykes@ageukteesside.org.uk).

AGE UK TEESSIDE

# LASTING POWER OF ATTORNEY

Our Information and Advice service have specially trained staff to help you with setting up your Lasting Power of Attorney. \*Costs are £200-£364 for one person and £300-£628 for two people.

\*Costs are dependent on eligibility for court fee exemption.

## 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 to make an appointment  
please call 01642 805500**





**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](http://www.ageuk.org.uk/teesside)**  
Email **[laura.wedgwood@ageukteesside.org.uk](mailto:laura.wedgwood@ageukteesside.org.uk)**



 **Teesside  
ageUK**  
Love later life

# 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.**

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.

## 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.*





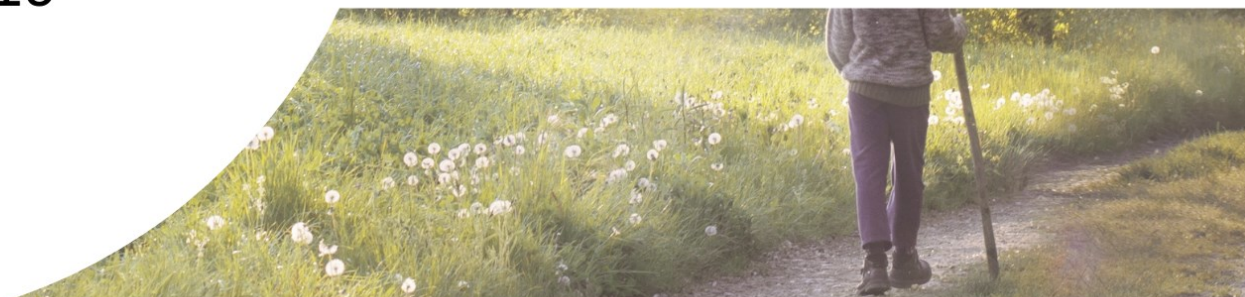
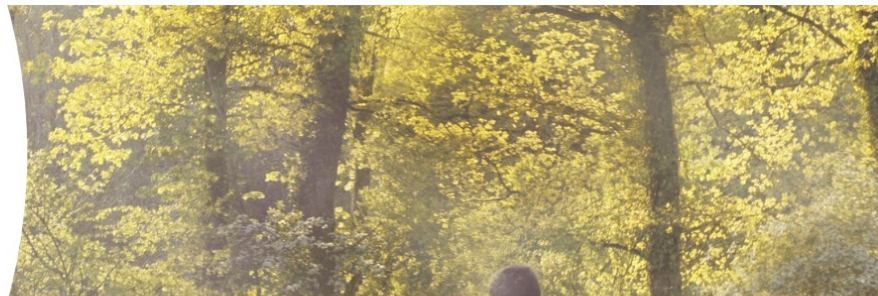
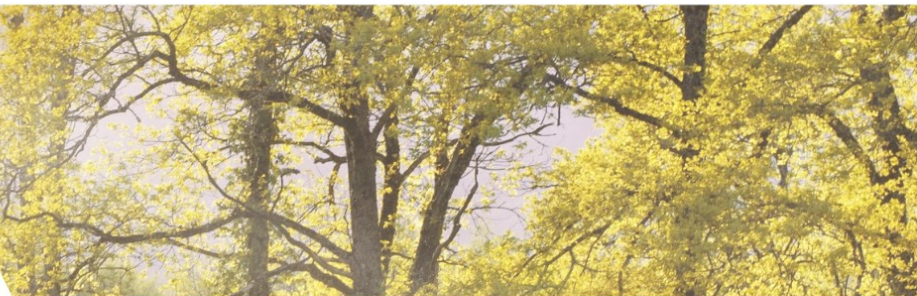
A large, stylized phoenix logo in the background, featuring a bird with its wings spread, in shades of red, orange, and yellow.

# 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 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

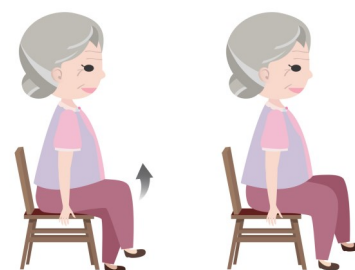
Chair exercise is a fun seated workout for people living with dementia, including a vast range of gentle exercises without leaving your chair. Join in and reap the physical benefits all whilst having fun with friends and reminiscing about past times.

**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!

1<sup>st</sup> 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**

Redcar & Cleveland

# Time Out Service

**Are you aged 18+ and live in Redcar and 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

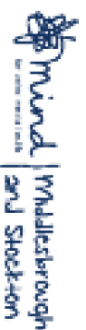
If you would like to make a referral to the Time Out Service or are interested in becoming a volunteer please contact Marie Kerr, Time Out Service Co-ordinator on:

**07834 181190**

Age UK Teesside, Westfield Farm Community Centre, The Green, Dormanstown, Redcar TS10 5NA

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

The Time Out Service is part of the wider Redcar & Cleveland Carer Support Service and is provided in partnership with:

Carers Together  
REPORT BY AND COMING TOGETHER CARERS LOCAL COUNCILSMind Matters  
for mental health and stroke

# Welfare Benefits Advice

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

**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 464127**

[angela.brough@ageukteeside.org.uk](mailto:angela.brough@ageukteeside.org.uk)

TAD Centre, Ormesby Road, Middlesbrough, TS3 7SF

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



# pineapple hat

advanced pattern by Juliet Bernard



**Yarn:** Yellow and green DK

**Needles:** 4mm

## Hat

Cast on 37 stitches in yellow.

Row 1: k to end

Row 2: \*p3tog, (p1, k1, p1) into the same stitch, repeat from \* to end of row p1.

Row 3: k1, \*k3tog, (k1, p1, k1) into the same stitch, repeat from \* to the end of the row.

Repeat rows 2 and 3, three more times and row 2 once more.

Next row: \*k2tog repeat until last st, k1 (19sts)

Next row: \*p2tog repeat until last st, k1 (10sts)

Next row: \*k2tog repeat across all sts (5sts)

Fasten off by threading yarn through 5sts and drawing tight.

## Leaves

Cast on 30 stitches in green and work 4 rows in st st beginning with a knit row. This is the stalk.

Row 5: K5 and turn leaving remaining stitches on a stitch holder.

Row 6: P5 and turn.

Row 7: K2tog K1 K2tog (3sts)

Row 8: P3

Row 9: K3

Row 10: P3tog fasten off.

Re-attach yarn to the stalk and work rows 5 to 10 for the second leaf on the next 5sts. Continue working leaves as above until you have made 6 leaves. Sew in ends.

## Making Up

Sew up pineapple and roll up the stalk and sew to the top of the pineapple

**send your hats to:** **FAO: Tina Bonner, Age UK Teesside**

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

**Ormesby Road, Middlesbrough, TS3 7SF**



Abbreviations: k - knit | p - purl | st(s) - stitch(es) | p3tog - purl 3 sts together | k3tog - knit 3 sts together | k2tog - knit 2 sts together | st st - stocking stitch NOTE: It is the wrong side of the knitting that looks most like a pineapple.





## Redcar & Cleveland Befriending Service

Our Befriending Service has partnered up with Redcar and Cleveland Council's Community Health Development Officer Sharon Chappell (right) to engage people living with Dementia to participate in activities and events across the borough, in a joint effort to create a Dementia Friendly Redcar and Cleveland.



Research carried out by the Alzheimer's Society suggest "there are currently 850,000 people with dementia in the UK, and this number is projected to increase". According to the Director of Public Health Annual Report 2018, "dementia is fast becoming the defining health issue of our time", which is why it is so important to ensure that for those living with the condition, they are living well. Recent statistics indicate that there are nearly 1,300 people with recorded dementia in Redcar & Cleveland. For those living in the North East, the rate is significantly higher than the UK average.

A key issue that has been raised by those living with dementia (and their carers) is the lack of social activities and groups available in Redcar and East Cleveland. Age UK Teesside's Befriending Service are working hard with local organisations to create more opportunities. Robynne and Amanda have already delivered three Dementia Friends sessions and are passionate to ensure that clients who use the service 'live well with dementia'. By working with Redcar & Cleveland Council's Community Health Development Officer Sharon will ensure a variety of activities and events will take place across Redcar & Cleveland. Robynne and Amanda will endeavour to promote, signpost and support people to attend. By working together, we will make a difference.

If you or anyone you know wants to get involved or you know someone who could benefit from a Dementia Friendly Redcar and Cleveland and would like further information, do not hesitate to get in touch with the Befriending Service Team on 077181250513.





Come along to our.....

## Social Get Togethers at 'The Hildas'

Please come and join us every first Wednesday of the month for friendship, food and fun. Various activities and entertainment with a light lunch and refreshments will be provided at every Get Together.



### Next Event



### Meet Brengle the Pet Therapy Dog

Wed 5th June 12.30—2.30pm

St Hilda's Church Hall  
Clynes Road Grange town



No booking required. Just turn up. For further details contact Jan Topham on 07748760916

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For more information contact Amanda Bowstead on 07921464126

Or [Amanda.bowstead@ageukteesside.org.uk](mailto:Amanda.bowstead@ageukteesside.org.uk)

Or [Robynne.orton@ageukteesside.org.uk](mailto:Robynne.orton@ageukteesside.org.uk)

## Redcar & Cleveland Befriending Service

This month Redcar and Cleveland were very sad to receive the news that a befriending client had passed away. Frank Holmes was 94 years old when he peacefully passed away on the 1st of May 2019.

Following the death of his beloved wife, and his youngest son in addition to his oldest son no longer living locally, his daughter in law Lorraine did visit on a weekly basis. A decline in mobility and health had led to him feeling lonely and isolated as he was no longer able to independently get out into the community. Frank, who lived in Skelton was referred into Redcar and Cleveland's Befriending Service in late 2018.

Frank was originally from Lingdale and was born in 1924, like many men of his era he worked in the mines. In 1953 Frank was at work in the Lingdale mine when a methane explosion happened, 7 workers were tragically killed and a number of other men were badly burnt. Frank was something of a hero on this day, despite the explosion blowing him onto his face he got up and helped to carry a number of injured men out of the mine to safety.

Frank can be seen in the photo (furthest right) with some of the men he worked with.



A passion of Franks in his youth was sword dancing, Frank was a member of the Lingdale "primrose" sword dancers in the late 1950s and 1960s. This linked closely with his work in the mines as the swords used within the dances were made by the miners using worn out drills. Being a sword dancer took passion and commitment, Frank had to travel for this and 3 times danced in the Royal Albert Hall. Frank can be seen on the far left with other members of his Sword dancing group.





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Frank was always a keen fan of sports and enjoyed spending time watching Middlesbrough play at Ayresome Park. Although Frank was no longer able to go to matches one of the first things he chatted about the first time I met him was how the Boro were doing and how he was looking forward to watching the sports over the coming weekend.

Frank was matched to a volunteer befriender soon after being referred into the service, the two enjoyed spending time chatting, and had a common interest in football.

Frank was selected by the Redcar and Cleveland befriending team to receive a random act of kindness Christmas gift in December 2018, donated to Age UK Teesside from the Tees Valley Rural Community Council. I had the pleasure of surprising Frank with this delivery and he was thrilled to receive it. On a visit after Christmas Frank talked about how grateful he was to receive this gift and thanked me and the rest of Age UK Teesside again for all the support he had received.



It was a pleasure to have known and spent time with this lovely gentleman, and he will be missed by everyone at Redcar and Cleveland's befriending service.

Our thoughts are with his family and friends at this difficult time. - **Amanda**

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## Stockton Befriending Service

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### Case Study: Bernie & Josie



When I interviewed Bernie (left) to become a befriender, she explained she had been through a difficult time and needed a purpose, she felt a need to be useful by helping others and looked forward to volunteering with Age UK Teesside.

Josie engaged with Age UK Teesside as she was isolated, living alone and was not mobile. She needed help to use a wheel chair and had to use patient transport for hospital appointments as she could not get out alone.

It took a while to find the right befriender as Josie's neighbours were good but she did not see anyone during the day as her family do not live in the area.

I knew when I introduced Bernie to Josie they both enjoy music. Josie had been an organist at her local church and her grandchildren all play the violin. Bernie was an experienced ukulele player and took the instrument round to Josie's on her second visit; they hit it off straight away. Josie now has her own ukulele and they enjoy playing and singing along together. They also have other interests, both enjoy talking about dogs and both are IT buffs. I am pleased to say they enjoy their time together.

**- Janet Murphy**

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**For more information,  
contact Janet Murphy on 01642 433 728  
Or email**

**[Janet.Murphy@Ageukteesside.org.uk](mailto:Janet.Murphy@Ageukteesside.org.uk)**



# Better Health Better Wealth

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Our Better Health Better Wealth project provides an at-home benefit advice service for clients aged 65+ in Stockton-on-Tees. Advisor Anne Robinson visits the clients and assists with benefit checks and completing forms. Below is a case study for a gentleman named Mark, who Anne helped with claiming Personal Independence Payments.

## **Case Study**

Mark knew of our service as his wife was a former volunteer; he called seeking support in challenging a Pip decision for someone 65+. Mark explained he was receiving Disability Living Allowance, however because he turned 65 after April 2013, DWP had the right to change him onto PIP, then after a face-to-face medical assessment, he only scored 10 points for care and mobility.

This decision from the DWP turned the client and his wife's, who is his carer, lives upside down. As Mark only received Standard Rate Care & Standard Rate Mobility, the DWP arranged for his mobility car to be returned to the dealer immediately. Mark was very depressed as the car was his only means of transport and he became housebound as a result.

The reason Mark was in receipt of DLA was because diabetes had caused him to lose three toes on each foot, and he now has hardened skin build ups, which are painful and need to be removed on a weekly basis by a podiatrist.

I explained the PIP system and how the DWP state you must seek a mandatory reconsideration before you can appeal if you are not happy with the decision. Both a mandatory reconsideration and an appeal hold a deadline to respond once written information is given; within one month of each decision letter.

Mark wished to seek a mandatory reconsideration, however he was one month over the deadline, so we began by seeking a late mandatory reconsideration request informing the DWP that he had to wait past the deadline date for assistance to challenge the decision letter.

## **The Outcome**

Mark received a letter from the DWP informing him that they had decided to supersede their decision following the outcome of his medical assessment and award him the highest rate for care & mobility, he received his new car within days of the letter.

Mark states he's glad that it's all over, and he so happy he's got his car back, and his blue badge is up to date, because now they can go have fish and chips, sit in the car watching the sea and enjoy the fresh air.

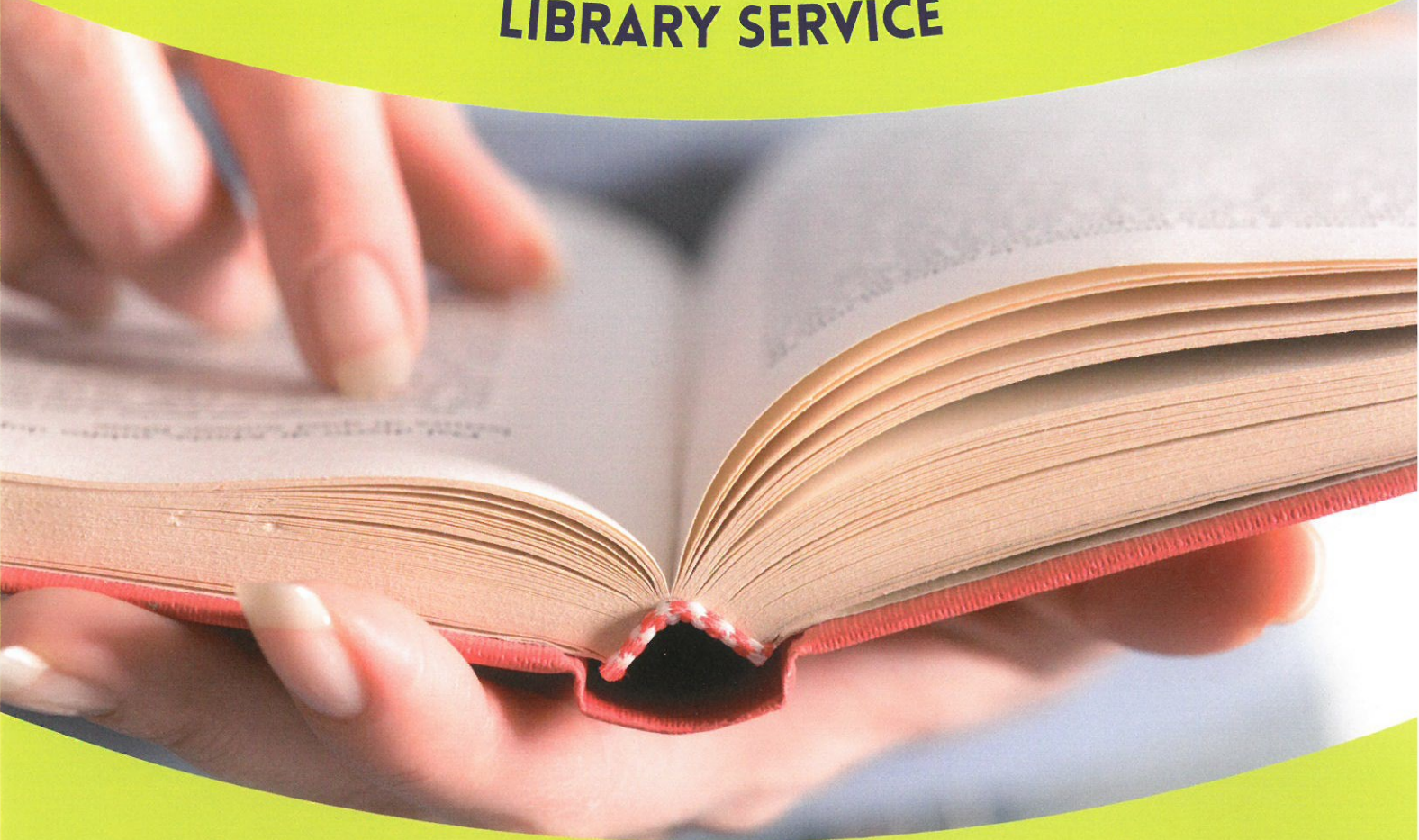
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If you are over 65, live in the Stockton area and need help with benefits, call today for an appointment: **01642 80 55 00**



# BOOKS ON WHEELS

## LIBRARY SERVICE



### DO YOU LOVE TO READ BUT FIND IT DIFFICULT TO GET TO YOUR LIBRARY?

Books on Wheels is a FREE library home delivery service for anyone living in Middlesbrough who finds it difficult to get to the library due to illness or mobility problems.

### TO FIND OUT MORE?

Contact the Delivered Services Team who will be happy to let you know if you are eligible to receive the service.

### DELIVERED SERVICE CONTACT DETAILS

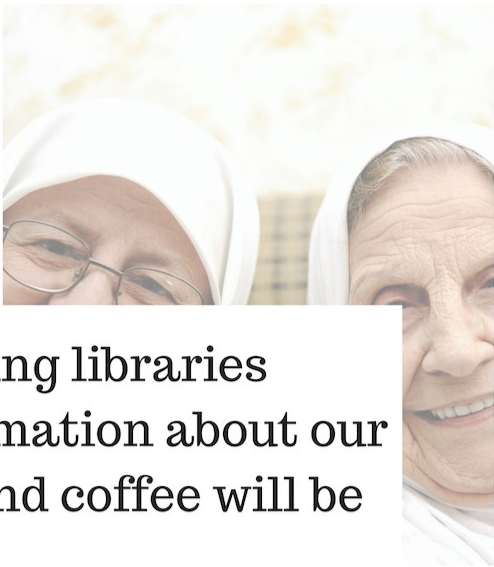
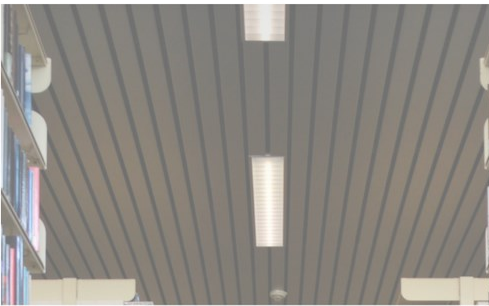

Telephone Number: **01642 249209**

E-mail address: **[delivered\\_services@middlesbrough.gov.uk](mailto:delivered_services@middlesbrough.gov.uk)**

Office Hours: Tuesday, Wednesday and Thursday 9 – 5pm

**[www.middlesbrough.gov.uk/libraries](http://www.middlesbrough.gov.uk/libraries)**





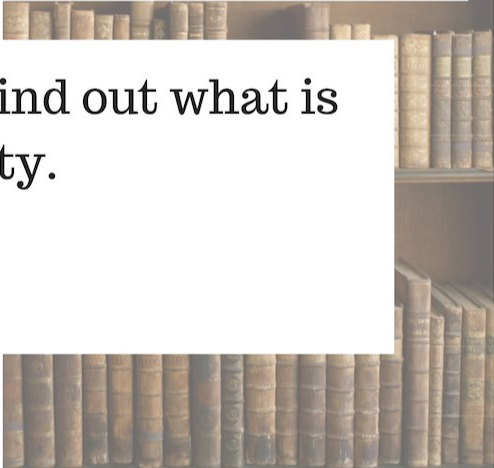

In 2019, Age UK Teesside are visiting libraries across Middlesbrough, delivering information about our services, including Befriending. Tea and coffee will be provided. All welcome.

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



Middlesbrough  
moving forward

**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



**Call 01642 80 55 00**

For more information

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, here are some words from people who are currently enjoying the benefits of the service.

*"Sue is a ray of sunshine' in my life"*

*"Just seeing a different face makes my day brighter"*

*"Visits are the highlight of my week"*

*"I have gained a lovely friend"*

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.

Sue, one of our volunteers, tells me:

***"After the death of my mum in January 2018, I felt a void in my life. I missed our chats over a cup of tea about when she was young and how life was then.***

***This void was filled when I started to do voluntary work for Age UK Teesside back in May 2018. I was matched up with Chris who's so interesting to listen to and she has told me she looks forward to our chats over a cup of tea. I can honestly say that it's as beneficial for me as I know it is for Chris"***

If you feel you could offer an hour or two out of your week to visit someone like Chris then why not give Pam a call on **07808 306184** or email her at

[pamela.cairns@ageukteesside.org.uk](mailto:pamela.cairns@ageukteesside.org.uk)





Age UK Teesside are Dementia friends and in Hartlepool, as part of our pledge to raise awareness, Pam and her team of volunteers took part in a walk in Ward Jackson Park to support Dementia Action Week.

Pictured right is Pam

with volunteers Jo and Lynda, plus Ellen, one of our befriended ladies.

The event was held by Hartlepool Borough Council Sports & Activity Team (Feel good in Hartlepool) to raise awareness of Dementia. This event is held every year as part of Dementia Action Week and brings together residents and local school children to enjoy a leisurely walk whilst learning about Dementia and the impact it can have on someone's life.



Everyone met at the local café to register and were given a questionnaire to complete and a 'trail map' to follow to identify key messages about Dementia. The sunshine came out and both young and old had an enjoyable afternoon.



Jo, Lynda and Ellen with some of the participants and HBC Community Connectors (Denise Murphy and Roz Charlton)

# 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



## Welcome Home Project

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If you are aged 55 or over, live in the Redcar and Cleveland area (TS6, TS10, TS11, TS12, TS13 and TS14)) and are due to be discharged from hospital, then Age UK Teesside's **Welcome Home Project** can help.

We provide a **FREE** service for older people following a hospital stay.

We can provide a volunteer to meet before you leave, meet you when you arrive home, and, if needed, provide a basic food package. We can then visit weekly for 4 weeks and provide you with some companionship and support whilst you recuperate.

If you would like to find out more please call  
Paula Taylor on:

**01642 80 55 00**

# Community Hub Advice Service



<b>NEWPORT SETTLEMENT COMMUNITY HUB</b> ST PAULS ROAD, TS1 5NQ	<b>MONDAY</b> <b>9AM - 12PM</b>	<b>01642 802 892</b>
<b>HEMLINGTON LIBRARY</b> CROSSCLIFF, TS8 9JJ	<b>MONDAY</b> <b>1.30PM - 4.30PM</b>	<b>01642 591 918</b>
<b>THORNTREE COMMUNITY HUB</b> BIRKHALL ROAD, TS3 9JW	<b>TUESDAY 1PM - 4PM</b> <b>&amp;</b> <b>FRIDAY 9AM - 12PM</b>	<b>01642 246 827</b>
<b>EASTERSIDE COMMUNITY HUB</b> BROUGHTON AVENUE, TS4 3PZ	<b>WEDNESDAY</b> <b>9AM - 12PM</b>	<b>01642 513 150</b>
<b>GROVE HILL COMMUNITY HUB</b> BISHOPTON ROAD, TS4 2RP	<b>WEDNESDAY 1PM - 4PM</b> <b>&amp;</b> <b>THURSDAY 1PM - 4PM</b>	<b>01642 278 444</b>
<b>NORTH ORMESBY COMMUNITY HUB</b> DERWENT STREET, TS3 6JB	<b>WEDNESDAY 9AM—1PM</b> <b>&amp;</b> <b>FRIDAY 9AM—4PM</b>	<b>01642 726 190</b>



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

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***Thank you for supporting***

***Age UK Teesside***

***Dorothy Rose Suites (29-32),***

***The TAD Centre, Ormesby Road,***

***Middlesbrough,***

***TS3 7SF***

***[www.ageukteesside.org.uk](http://www.ageukteesside.org.uk)***

***01642 80 55 00***

Starts  
Monday  
20th May  
2019



# 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**