

# Bark in the Park

22nd July 2018



AGE UK TESSIDE

**MAY 2018**  
**NEWSLETTER**



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Did someone say treat?



# Bark in the Park

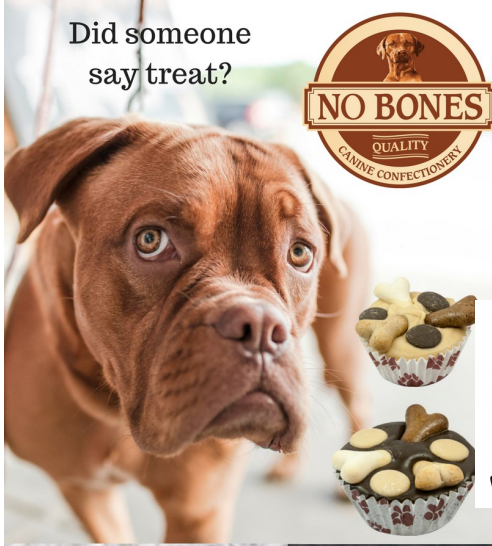
Join us for a 3 mile sponsored walk in the park.

**22 JULY 2018, 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**

**ALSO ON THE DAY COME AND TAKE PART IN OUR FUN COMPANION DOG SHOW!\***

*\*Small donation applies*



### Dog Show Categories:

Prettiest Bitch

Most Handsome Dog

Best Buddies

Best Child Handler

Best Fancy Dress

Best Trick

### Pedigree Section:

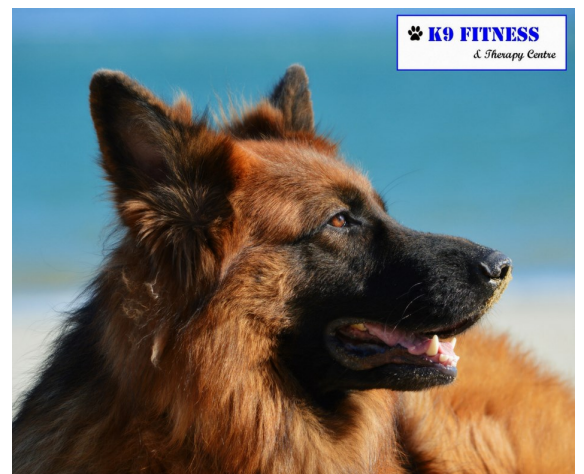
Best Lab/Retriever

Best Terrier

Best Toy Breed

Best Puppy

Best Rescue



# Ghost Hunt 2018



Age UK Teesside's first Ghost Hunt took place at Preston Hall Museum on April 28th, with Ian Lawman (left, with Age UK Teesside staff members) and a team of renowned spiritualists leading groups around the grounds. Everyone took part in ghostly activities, including Ouija style communications with the spirits present.

Preston Hall was built in 1825 and opened for the first time as a public museum in 1953. With its replica Victorian street and roaming grounds, it was an ideal setting for our spooky fundraiser.

Participants raised money for Age UK Teesside via sponsorship and blind-cards, with 66 Ghost Hunters attending the event.



## 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.***



# 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

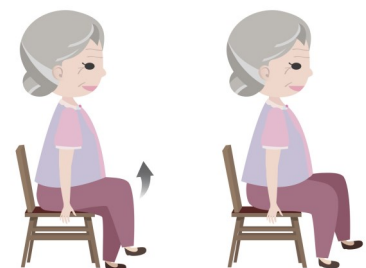
Chair exercise is a fun seated workout for people living with dementia, including a vast range of gentle exercises without leaving your chair. Join in and reap the physical benefits all whilst having fun with friends and reminiscing about past times.

**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**

**Bishopston 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**

**Marion**

**Middlesbrough TS7 8JU**

**Saturday & 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 803328 / Mobile 07834 181188**

**or reception 01642 805500**

## Phoenix: Craft & Textile

Working in partnership with WEA (Adult Learning Within Reach) we now have a wonderful tutor Nicole who is teaching the group a variety of new skills we have tried clay sculpting, Jewellery making, felting and origami – each week is a new subject and the clients are thoroughly enjoying learning new skills.



Origami Butterflies



Felt Placemats

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

**Thursdays 10am – 12 noon at Grove Hill Community Hub**

Call Tina on **01642 803328** or **07834 181188**

## M.C.S.T.: Case Study

### Robert Banks

Robert, having been diagnosed with Alzheimer's, attended one of our previous 40-week M.C.S.T. programmes. Robert has gained confidence and independence since attending the M.C.S.T. sessions and has realised he has the potential to support people who are experiencing the effects of being diagnosed with Dementia.

Robert will now be joining Age UK Teesside in the role of Volunteer.

Welcome on board Robert – you will be an asset to the M.C.S.T. programme and to Age UK Teesside



# 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

# Dementia Action Week 2018

May 21st—28th was Dementia Action Week 2018 and events took place across Teesside to raise awareness and bring people together.

Pam Cairns (right), Befriending Coordinator for Hartlepool, and Operations Manager Louise Wheatley, attended a Tea Party at Borough Hall for those living with dementia and their carers, where they spoke to guests about services available in their area.

Age UK Teesside also run a social group from the Livewell Hub in Thornaby called Friday Friends for those living with dementia, with a group for their carers running simultaneously.

The Livewell Centre in Dundas Arcade, Middlesbrough also held an event to offer information to the public, with Age UK Teesside's Gill Martin and Tina Bonner (below) going along to promote groups and services for Teesside residents with dementia.

Age UK Teesside offers group support for those with dementia and their carers, such as working alongside the charity Music in Hospitals who organise live musical entertainment for service users, and our M.C.S.T. programme.



## Dementia Action Week 2018

21-27 May

#DAW2018

To find out more about what is available in Teesside if you or someone you know is living with dementia, call today and speak to a member of our team: **01642 80 55 00**

# Redcar Befriending Service



*“Recently we have been developing our extended service here in Redcar. For those who may not qualify for a full befriender, we can support clients to re-integrate back into the community through our extended service; groups, volunteering, local support groups etc. I am heading this area for development whilst Amanda concentrates on co-ordinating the full befriending role for the moment.*

*We are still looking for Volunteers to eventually take over this role but for now, I am doing it through my support worker role. There is one client in particular however, it has not been finalised as of yet. I have a meeting with him next week on Wednesday 30<sup>th</sup> May.”*

*Robynne Orton , Redcar Befriending Assistant*

## Case study 1.

Mr. B.M is an ex footballer who also worked alongside young people as an outreach worker, taking the young people out and educating them about wildlife. B.M had a stroke in 2007 which left him with significant reduced mobility which in turn led to him feeling a loss of identity and a sense of loneliness and isolation. He lives in a rural part of East Cleveland and even finds it difficult to access his local shop. He has carers 3 times a day and has neighbours who pop in and visit him but he misses being able to go out and talk to people about what he once enjoyed. Through the extended service here in Redcar & Cleveland, we have been able to liaise with Tees Valley Wildlife Trust about becoming a volunteer. My role is to facilitate B.M’s application form, speak with Tees Valley Wildlife Trust’s Volunteer Coordinator and help to break down any barriers that B.M may face with accessing this opportunity.

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

**Amanda Bowstead on 07718 125 013**

# Middlesbrough Befriending Service



In partnership with MBC we have been commissioned to deliver a specific Older People Befriending Service, targeted at people aged 65+ who are living alone, are lonely/socially isolated, have no family or friends and have a clear identified need for befriending.

The service will enable older people to engage and connect in their local area and will create opportunities for older people to feel less lonely and increase their wellbeing.

Although the Service is brand new in Middlesbrough there have already been a number of referrals made to the service and we are currently visiting/assessing these referrals. We are also in the process of recruiting suitable experienced volunteers to act as befrienders to those who are the most in need.

Referrals to the service are made through Community Connect.

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

**Paula Taylor on 07921 464 125**

**Or [paula.taylor@ageukteside.org.uk](mailto:paula.taylor@ageukteside.org.uk)**

# Hartlepool Befriending Service

Working in partnership with Hartlepool Borough Council, Age UK Teesside continues to grow the Network by developing links within the community. Our volunteer numbers are increasing and this is making a difference to those older people in the town that are isolated. By bringing individuals together, the Network is making positive changes to their lives, allowing them to make friends and assist them to access social groups within their local communities. Our Befriending Network Co-ordinator Pam recently attended an event as part of Dementia Action Week at the Borough Hall. The event was a “Tea Dance” and Pam took the opportunity to talk to people who have dementia and their carer’s to promote the service.

## Hartlepool Befriending Network Case Study:

Margaret is an 84 year old widow who lost her husband 2 years ago. After many years of working in a prestigious job, caring for a family and being actively involved within the community, Margaret became unexpectedly ill last year. Margaret endured several operations and a long stay in hospital. Margaret is now reliant on medication 24 hours a day and is in a wheelchair so this restricts her activities.



Margaret did not have any adult company apart from the occasional visit from carers and her young granddaughter. Margaret only had the TV for company, but only left this on for ‘background noise’. Margaret is an intelligent, witty lady who enjoys stimulating conversation and found it very hard not engaging in one to one conversation over a cup of tea and a biscuit.

Margaret was introduced to a befriending volunteer called Sylvia. They have a mutual interest in gardening and have plenty of interesting conversations over a cuppa. Sylvia now visits on a regular basis and they are enjoying watching the changes in the garden and discuss various topics including that day’s news coverage.

The weekly visit has made such a big difference to Margaret’s life.....

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

**Pamela Cairns on 07808306184**

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



## Full of Life Fair—Update

Due to unforeseen circumstances, we have had to postpone our Full of Life Fair.

The event, which included our Record-Breaking Samba attempt and the Mad Hatter's Chocolate Walk, will not take place on July 1st as planned. We are in the process of refunding all entry fees and will be contacting all current participants as soon as we have a new date for the event.

We apologise for the inconvenience and thank you for your continued support of Age UK Teesside.



# BUNGEE JUMP

**SUNDAY 5TH AUGUST 2018**

**160FT FROM MIDDLESBROUGH'S  
TRANSPORTER BRIDGE!**

**£20 entry plus  
£100 sponsorship**

**For more information or  
to sign up please contact**

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

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



# Community Hub Advice Service



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



**SPACES  
NOW  
AVAILABLE  
ON THE 26TH  
AUGUST**



**TAKE YOUR  
ADRENALINE  
LEVELS TO NEW  
HEIGHTS!**

**AGE UK TEESSIDE  
SPONSORED SKYDIVE!**

**26TH AUGUST 2018**

THE SKYDIVE ACADEMY,  
PETERLEE PARACHUTE CENTRE,  
SHOTTON AIRFIELD

**CHOICE OF JUMP HEIGHTS**

**10,000 FT**

- 25-35 SECOND FREE FALL
- 5 MINUTES PARACHUTING
- £35 DEPOSIT AND MIN SPONSORSHIP £225

**15,000 FT**

- 55-65 SECONDS FREE FALLING
- 5 MINUTES PARACHUTING
- £35 DEPOSIT AND MIN SPONSORSHIP £325

**FOR MORE INFORMATION OR TO SIGN UP PLEASE CONTACT:**

**LAURA-JANE WEDGWOOD, GRANT & FUNDRAISING CO-ORDINATOR**

**E: LAURA.WEDGWOOD@AGEUKTEESSIDE.ORG.UK | T: 01642 803 326**

# Asbestos related illnesses

## What can I do?

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

- Mesothelioma
- Lung cancer
- Asbestosis
- Pleural thickening

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

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



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

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

- Benefits
- Damages
- Loss of Pension
- Care

Tilly Bailey & Irvine   
law firm



If you would like information or assistance, please call **01429 405117** to speak to **Mark Ellis**, Partner, who will discuss your diagnosis with you and the steps you can take.



[www.tbilaw.co.uk](http://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



# 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**

New Retail Development in Hartlepool Coming Soon

# STOCK NEEDED

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

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

## 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 House,***

***190 Borough road,***

***Middlesbrough,***

***TS1 2EH***

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

***01642 80 55 00***

FEATURING:  
Cleveland Police  
Dog Unit & a Fun  
Companion Dog Show

# CALLING ALL DOGS!



## BARK IN THE PARK

### SUNDAY 22 JULY 2018

GET YOUR FRIENDS & FAMILY TOGETHER FOR A 3 MILE SPONSORED WALK IN THE PARK. 22 JULY 2018, 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 803326**

[www.ageuk.org.uk/teesside](http://www.ageuk.org.uk/teesside)

ALL PROCEEDS IN AID OF

Teesside  
 **ageUK**  
Love later life

REGISTERED CHARITY NO: 702714