



Age UK Teesside Newsletter

December 2020 - January 2021



Happy New Year

from the team at Age UK Teesside

Here's to a great
year for everyone.

As always, the team
at Age UK Teesside
are here to help
however we can.



Contents

2020 in Pictures

Christmas

Hampers

COVID Communications

Older Offenders

Befriending

Online Shop

Carer Support

Benefit Advice

Power of Attorney

Safe Steps

Digital Training

Walking Groups

Social Activities



December 2020 - January 2021

2020 in Pictures



December 2020 - January 2021

Christmas Meetups




December 2020 - January 2021

Christmas Hampers



COVID-19 Communications




NHS**CARE**

COVID-19 vaccination

First phase priority groups

Priority	Risk group
1	80 yrs Residents in a care home for older adults and Staff working in care homes for older adults
2	75 yrs All those 80 years of age and over and Frontline health and social care workers
3	70 yrs All those 75 years of age and over
4	65 yrs All those 70 years of age and over and Clinically extremely vulnerable individuals (not including pregnant women and those under 16 years of age)
5	60 yrs All those 65 years of age and over
6	55 yrs Adults aged 16 to 65 years in an at-risk group*
7	50 yrs All those 60 years of age and over
8	55 yrs All those 55 years of age and over
9	50 yrs All those 50 years of age and over
10	50 yrs Rest of the population (to be determined)

* Blood cancer (such as leukaemia, lymphoma or myeloma); diabetes; dementia; a heart problem; a chest complaint or breathing difficulties, including bronchitis, emphysema or severe asthma; a kidney disease; a liver disease, lowered immunity due to disease or treatment (such as HIV infection, steroid medication, chemotherapy or radiotherapy); rheumatoid arthritis, lupus or psoriasis; have had an organ transplant; had a stroke or a transient ischaemic attack (TIA); a neurological or muscle wasting condition; a severe or profound learning disability; a problem with your spleen, eg sickle cell disease, or you have had your spleen removed; are seriously overweight (BMI of 40 and above); are severely mentally ill.



COVID-19 immunisation
Enjoy life. Protect yourself.

PROTECT THE PEOPLE YOU LOVE

One third of people with Covid-19 do not have any symptoms and are passing the virus on to loved ones without knowing it.

Starting on January 25, we are offering a quick and easy test to key workers and people who cannot work from home, with most results returned in around 30 minutes.

Only people without symptoms should attend.

Free parking for people being tested will be available in the Council-run car park in Kirkleatham Street.

Testing for people without symptoms aged 18 and over will be available at
Redcar Leisure Centre, Ridley Street, Redcar, TS10 1TD
Monday - Friday between 8am and 6.30pm.

Anyone wanting a test should book at
www.redcar-cleveland.gov.uk or ring 01642 774774

LET'S KEEP OUR PRECIOUS SERVICES MOVING

Coronavirus vaccination are **free of charge**

The **NHS** will never...

- ask for your bank account or card details.
- ask for your PIN or banking passwords.
- arrive unannounced at your home to administer the vaccine.
- ask for documentation to prove you identity, such as a passport or utility bills.

NERSOU

Protecting communities from organised crime



Action Fraud
National Fraud & Cyber Crime Reporting Centre
actionfraud.police.uk

NERCCU
North East Response Centre

NHS


There is **no need to apply** for the COVID-19 vaccine.




When it's your turn to receive it, you will be notified by the NHS.

NHS

COVID-19 VACCINE FACT CHECK



The COVID-19 vaccine will always be available free of charge.



The NHS will never ask you to share bank details to confirm your identity.

Older Offenders Project

A quick update from our Older Offenders' Officer, Deborah Earley;

“

Activity within the 3 prisons is still suspended due to Covid 19 and our aim to start up small group work has had to be postponed for the foreseeable future.

Fortunately, communication with prison staff has been good. Feedback from the activity packs continues to be very positive and we have just distributed a Christmas Activity Pack which we hope will be well received by the men.

I am currently working on producing a health resource which is aimed at the over 50s and will be given to prisoners at the induction stage and so we are hosting meetings with the relevant staff to ascertain content and information which will support productive time spent within prison.

”

Middlesbrough Befriending

‘Do you offer Dog Walking?’

In my role as Befriending Services Manager for AUKT I receive all kinds of wonderful and sometimes unusual e-mails from a variety of organisations and individuals, offering ‘help’, asking for support and enquiring about the various services we offer. Back in October Owen contacted me regarding Mark, a veteran who was setting up a Dog Walking business who he was mentoring. Owen informed me that Mark was keen to offer his services free to older people and, with this information in hand, I duly shared it with the team. Mark had had a rough time and was keen to build his confidence in his new venture; by offering a free service to older residents he is hopeful it will help get the business up and running.

Time passed and during the second wave of lockdown the Heart Failure Unit at JCUH contacted the office regarding a patient, James who was having a rough time and was anxious that he was too unwell to walk his dog ‘Munch’. Munch is ‘his life’ and all he has. The Nurse at the unit thought we may have a volunteer who could assist but in the meantime was walking the dog herself! Dog walking is not a service we provide, but I knew a man who did, so a call was made to Mark’s mentor. The following day, after a meeting with Mark, we contacted James and visited him with the offer to walk his dog. James was delighted and so thankful that someone was able to help. James had got into a state about Munch’s welfare and this was causing him stress and anxiety- something his heart nurse was also stressed about!

Mark suggested he walk Munch twice a day until such a time that James is well enough to do it himself, or with Mark. Following the brief intervention James was referred to Adult Social Care and has now been allocated a social worker who can work with him in getting access to the right support and hopefully help him prioritise his own needs.

Middlesbrough Befriending

Without the knowledge sharing and the work of AUKT this 'match' would never have taken place and both Mark and James would not have entered each other's lives. A lovely mutually beneficial relationship which is set to grow.

~ Paula Taylor

Listen to Marks story here

<https://soundcloud.com/omj-ryan/bbc-tees-mark-dunn-alpha-pack-dog-walking>

Befriending

We currently have befrienders across Middlesbrough, Stockton and Redcar & Cleveland. Service users and volunteers are matched based on similar interests.

In these difficult times, our Befriending Services continue to offer support and companionship to the isolated members of our community; volunteers can support others from the comfort of their own homes and claim back the costs of their weekly calls.

If you know someone who would benefit from a befriender or would like to volunteer, please contact us via phone on **01642 805500**, email **paula.taylor@ageukteesside.org.uk** or visit our website and download a volunteer application form.



December 2020 - January 2021

Online Shop - Volunteering

Our **Online Sales Champions** are responsible for not only the sorting of donations, the researching of the items in order to get the best prices and the listing of these onto the selling platforms we use (including Ebay and Gumtree) but they will be learning new skills, meeting new people and making a difference to people's lives in the region through the sales achieved.

- To sort donations.
- To research and identify items of value.
- Use digital technology to list the items on selling platforms, including the photographing and description of the item.
- Ensure that the items are recorded, the sales are recorded and that all items are shipped accordingly.
- Monitoring of items throughout.
- To report any concerns to your line manager.
- To observe Age UK Teesside policies and procedures and provide information for monitoring purposes.
- To undertake suitable training to assist in your role as an online sales champion.



**Contact us today on
01642 80 55 00 for more
information or email
Retail@Ageukteesside.org.uk
to apply**

Online Sales Champion

volunteer with Age UK Teesside



#NotJustVolunteering

2 hours
per week





December 2020 - January 2021

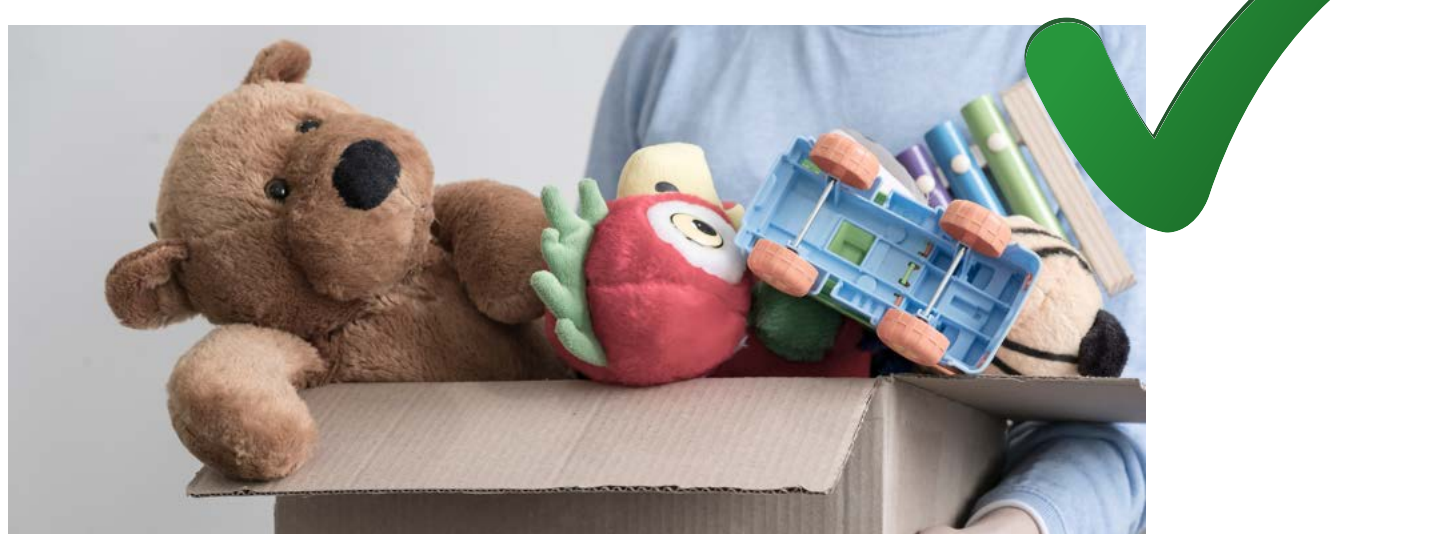
Online Shop - Donations

Donate

#NotJustVolunteering

Drop off preloved items
at TAD Centre Middlesbrough

- Clothes, shoes & belts (good quality and rags also)
- Books, Vinyl, CD's & DVD's (not copies)
- Electrical items & computer games
- Bric a brac, china, kitchenware
- Toys (with a CE label if it's a soft toy)



We do not accept:

- Old duvets & pillows
- Padded furniture with no fire label
- Knives
- Broken items
- Mattresses



www.ageuk.org.uk/teesside/about-us/charity-shop

Retail@ageukteesside.org.uk

01642 80 55 00

Drop-Off by appointment only

Age UK Teesside
Dorothy Rose Suites
The TAD Centre
Ormesby Road
Middlesbrough
TS3 7SF



01642 805500 by appointment only
TAD Centre, Ormesby Rd, Middlesbrough TS3 7SF

Carer's Support Services



Time Out

If you are aged 18+ and live in Redcar and Cleveland you may benefit from our Time Out Service if you care for another adult.

The service arranges a volunteer to sit with the person they care for, allowing the carer a break.

The trained volunteer will:

- Visit the cared for in their own home
- Build a safe and reliable relationship
- Provide company and conversation
- Help the carer find activities that suit them
- Signpost the carer or the cared for to other services that can support them

If you would like to make a referral/are interested in becoming a volunteer please contact **Marie Kerr**, Time Out Service Co-ordinator on: **07834 181 190**

Time For You

Are you a carer aged 50+ living in the Middlesbrough area?

Do you sometimes feel that you have limited time to yourself?

To attend appointments, go shopping, meet with friends or attend social activities?

We can offer:

- Our free service for a befriending volunteer to visit your loved one / cared for at home
- The volunteer can sit with your loved one, have a cup of tea or coffee and have a chat
- Provide a friendly, listening ear
- Give you the opportunity to have time for yourself
- Provide information and offer the opportunity to access other services in your area

For more information please contact **Helen Metcalfe** on:

01642 805500 or email helen.metcalfe@ageukteesside.org.uk

December 2020 - January 2021

Benefit Advice

Telephone appointments

Age UK Teesside works with our partner organisations to provide a personalised and free service to help people aged 50+ (dependent on funding available in each area) to improve their lives and their finances. This includes:

- Money advice
- Claiming benefits
- Accessing social care
- Housing needs
- Community care
- Local services
- Claiming benefits



We have helped older people on Teesside to claim millions in benefits to which they are entitled. We will help to complete claim forms including:

- Attendance allowance
- Carer's allowance
- Pension credit
- Council tax support
- Disability living allowance
- Personal independence payment

Call to make an appointment
01642 805500


Middlesbrough
moving forward


The Henry Smith
Charity
founded in 1628

Supported by players of

PEOPLE'S
POSTCODE
LOTTERY

Awarded funds from

PEOPLE'S
POSTCODE
TRUST


REDCAR & CLEVELAND
BOROUGH COUNCIL


Stockton-on-Tees
BOROUGH COUNCIL

December 2020 - January 2021

Power of Attorney

A lasting power of attorney (LPA) is a legal document that lets the donor appoint one or more people (known as 'attorneys') to help them make decisions or to make decisions on their behalf. This gives the donor more control over what happens to them should an accident or illness inhibit their own decision making (i.e. lack of mental capacity). A donor must be 18 or over and have mental capacity at the time of making the LPA.

There are 2 types of LPA: Health & Welfare and Property & Financial Affairs. You can choose to make one type or both.

The donor can choose one or more people to be their attorney. If multiple attorney's are appointed, the donor must decide whether they will make decisions separately or together.

An attorney needs to be 18+ and could be:

- A relative
- A friend
- A professional, for example a solicitor
- The donor's spouse or partner

Costs are dependent on eligibility for court fee exemption.

*A non-refundable £50 deposit will be required when booking initial appointment.

CALL 01642 80 55 00 TO BOOK YOUR APPOINTMENT



**Social distancing
will be adhered
to during app-
ointments and
staff will wear
appropriate PPE.**

Safe Steps - IDVA

Domestic Abuse Service for Women 50+ Independent Domestic Abuse Advocate Service

What to expect:

- We can help with everything you need to reduce your risk and rebuild your life
- We offer a listening ear and a non-judgemental approach
- We can talk over the telephone or meet up for a cuppa
- We can do home visits to assess your needs
- An IDVA can work with a range of agencies and can be your voice when you are finding things difficult

Safe steps is a service for women aged 50+ who are suffering domestic abuse, this can be either:

- Physical
- Psychological
- Sexual
- Financial
- Emotional

Also controlling and coercive behaviour.

For more information please contact

Leanne on:

01642 80 55 00 or email

leanne.hogg@ageukteesside.org.uk

For a referral form please email

front.office@ageukteesside.org.uk



Digital Training

Rekindle Project

Rekindle is a digital inclusion project aimed at helping people over the age of 60 in Middlesbrough gain the confidence and skills to use digital platforms to enhance their lives. The project aims to tackle the issues of loneliness and isolation and improve wellbeing. Rekindle can help absolute beginners as well as people who have made a start and got confused. The project can provide group sessions in a social setting or one to one support. Rekindle can also provide advice on purchasing a digital device and help to set it up or reset a device that's no longer working. Advice on home and community connectivity is also available.

For more information, please contact **Steve Thompson** on:
01642 80 55 00 or **steve.thompson@ageukteeside.org.uk**



Distance Learning

The COVID-19 pandemic brought many struggles when delivering our services, however, the Rekindle project seized the opportunity to teach from a distance. Our Digital Inclusion Advisor, Steve, has worked tirelessly to create video tutorials that are available to view on our YouTube channel.

December 2020 - January 2021

Digital Training

Digital Explorers



@ MARSKE FOOTBALL CLUB, TS11 7BW

Courses starting soon



FREE DIGITAL TRAINING

Email

neil.bankhurst@ageukteesside.org.uk
or call 01642 805500 to sign up.

We will teach over 55's how to use smartphones, tablets or laptops and access the internet, use social media and email.



www.ageukteesside.org.uk

Age UK Teesside is a registered charity (702714)

This is a new service, available to resident of Redcar and Cleveland offering free training to over 55's who want improve their digital skills. Tutorials for using smartphones, tablet devices, laptops and computers; accessing the internet, social media and email.

To sign up, please contact **Neil Bankhurst** at
neil.bankhurst@ageukteesside.org.uk or call **01642 80 55 00**.

December 2020 - January 2021

Walking Groups & Social Activities

Whilst groups and activities are suspended for the time being, we look forward to their return, as do our clients. We intend to reinstate our Walking Groups as soon as the National restrictions are eased, closely followed by social groups, which have already proven to be successful while still adhering to social distancing guidelines. We look forward to seeing all of our clients and volunteers again, as soon as it is safe to do so.



Preloved find!

Check out our online store



 Teesside
ageUK

Age UK Teesside
Dorothy Rose Suites
The TAD Centre
Ormesby Road
Middlesbrough
TS3 7SF

www.ageuk.org.uk/Teesside
enquiries@ageukteesside.org.uk
01642 80 55 00

Thank you for supporting Age UK Teesside