

Age UK Teesside

NEWSLETTER

October—November 2020



Age UK Teesside are once again working from home, delivering the same services and support to those in our community who need us during this difficult time. We have outdoor activities and social groups still running across Teesside, we can still deliver assessments and are striving to continue as normal, as best we can.

Read on to hear all about our services, plus our volunteering opportunities with clients and roles with our online shop.

 **Teesside**
ageUK
Love later life

In October, Age UK Teesside said farewell to a beloved member of the Stockton team, Janet Murphy. Janet had originally come out of retirement to help out with the Better Health Better Wealth project, planning only to work for a few months—almost 5 years later, it is hard to imagine the team without her. She will be missed by staff, volunteers and clients.

Janet's last day in the office was filled with gifts, memories, a few tears and a lot of well wishes. Enjoy your second retirement Janet, and don't forget to come visit.

- Age UK Teesside





An Autumn Day in Preston Park

An autumn day in Preston Park
Where dogs chase leaves, excited barks
Crispy leaves scrunch underfoot,
From trees firms, and those up-root
Display a coat of many colours,
Red, yellow, green and others.

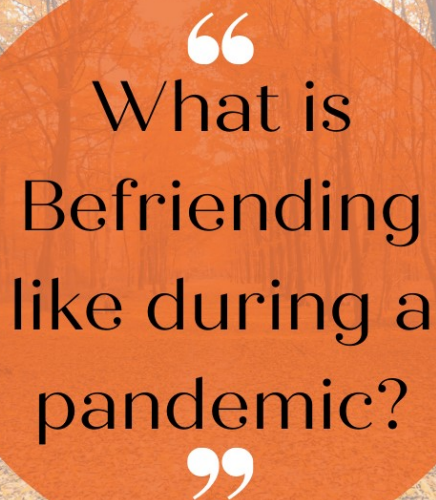


The weather's turning very chilly,
Preston Park's wildlife's very busy,
Birds fly and swoop, and squirrels dash,
Forage nuts and seeds; stashing their cache,
Preparing for their sleep vacation;
The season of Winter hibernation.

© *Donnagh Holly*

Our Better Health Better Wealth team created an Activity Pack for clients, to keep everyone's spirits up while they are at home, and one of the exercises was a Creative Writing challenge. The theme was Autumn and what the season meant to the client.

This poem was written by Donnagh Holly, who chose to write about 'An Autumn Day in Preston Park'. We hope you enjoy this poem as much as we do and encourage everyone to be more creative and share your work.



“What is Befriending like during a pandemic?”

A Volunteer's Perspective

Julia joined the team of befrienders in Redcar in 2019 and has helped to support several clients in the Redcar & East Cleveland. During lockdown, Julia, had to move in with family to provide care and support however she continued to volunteer and kept in touch with her clients by telephone.



“This crazy pandemic has us all worried but for those of us who are lucky to have loving families to either live with or get support from it can be hard to imagine what it is like to be alone and unable to get out. For me personally it has made the befriending scheme so much more valuable. Both of my friends have been livewires in their younger days and still have young spirits- they love to have a laugh and "put the world to rights". They also have a million tales to tell and know how to tell them very entertainingly!!! Sadly due to most of their friends passing away (one is in their 80's and one is 90) and family being far away they have few people to pass time with. You can imagine how lovely it is to hear comments such as "I love it when you come and see me" or "You are a smashing lass, Chuck" (!!)and what a lovely feeling it is to be able to help just a little bit to make them feel valued. Telephone conversations are fine and still enjoyable but personally speaking I love home visits where you become 2 old friends having a natter. It is definitely a two-way blessing.....if you are thinking of befriending be prepared to get lots of pleasure - and lots of laughs!!!! “

Ann Johnson

Befriending Volunteer
Redcar & Cleveland

“I have been befriending M for about 18 months. Up until lockdown in March, we saw each other most weeks. M is vulnerable to the virus as she has COPD and diabetes. She also suffers from anxiety and depression, so lockdown was going to be hard for her. Fortunately, she has carers and her son, who moved home to live with her.

We continued our friendship by phone calls and text messages, sharing some of the things that happen day to day; birds in the garden, the weather, TV programs and so on. Sometimes we exchange brief texts., but mostly we talk, and it's about anything and everything. She has taken photos of the garden so that I can see some of the things we discuss.

One thing we do not touch on is the virus; M is scared, worried and anxious. We talk about the same subjects most weeks. It's a catch-up conversation between friends, keeping in touch with baking, family disasters etc.

M has promised me a cake when we are able to meet in person, and I am looking forward to that day.”



Befriending Services

If you are over the age of 65, have little or no contact from family and friends and live alone in Middlesbrough, Stockton or Redcar & Cleveland, help is available to you. The Age UK Teesside Befriending Services provides a range of support to individuals who struggle to access social groups on their own.

Within the Befriending Service we are able to appropriately match clients with volunteers and offer regular, planned visits in the client's home initially. The service then supports volunteers to develop their relationships with clients and provides additional training as well as access to relevant information and advice. Often volunteers may be one of the few contacts to the outside world that some clients have so it's particularly important that volunteers are well trained and are aware of other support services. We can make referrals on behalf of clients to other organisation, such as Social Services - to help with care needs; The Fire Support Network - to help with odd jobs and gardening; Wag and Co - to link into their dog visiting scheme, and digital outreach services to help people make better use of their tablets and smart phones.

If you would like to make a referral, or more information, please call today :

01642 805500



Phoenix



Teesside
ageUK

Walks



Stewart Park, Marton

Lets Walk !

Mondays & Thursdays

Boosts energy, manages
stress, lifts your mood;
improves fitness!

Promotes better health!

Make new friends; lets
walk and talk!

Meet in Car Park at

11am



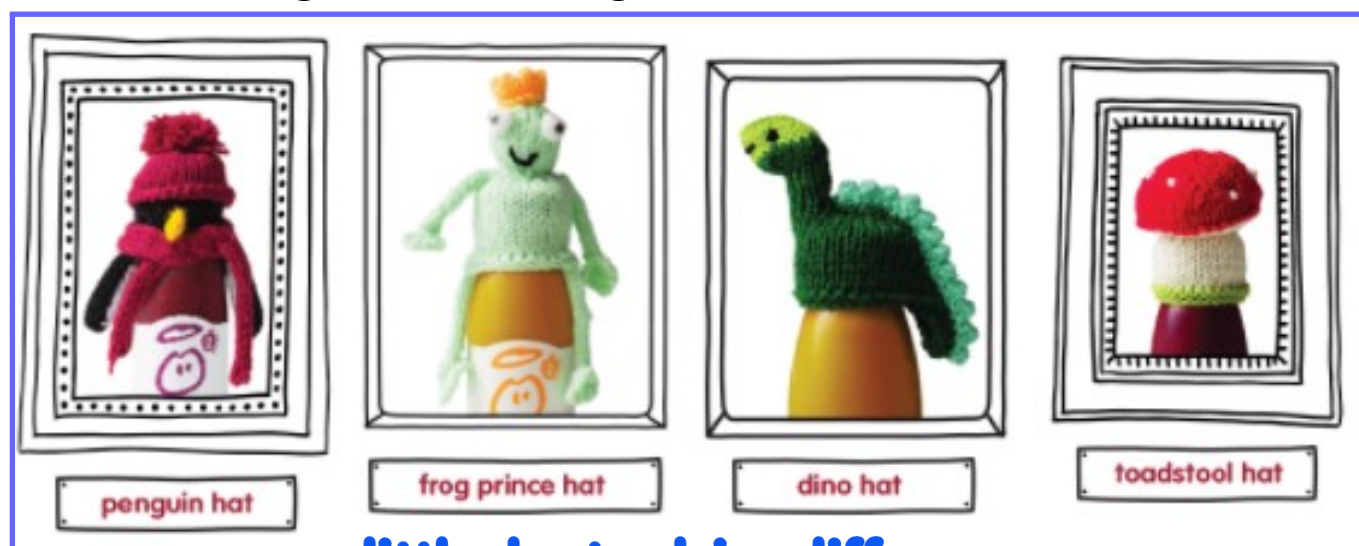
To book, call Tina on **07834 18 11 88**



Innocent smoothies have been putting little hats on their bottles in support of Age UK for 17 years. That's all thanks to heroic volunteers stitching thousands of bobble dazlers year after year. Hats will be back on bottles at the start of 2022,

but you don't need to wait to get started, as we're taking deliveries of your woolly wonders as we speak. Age UK Teesside can provide wool, knitting patterns and equipment to anyone wanting to get involved.

To take part, contact Tina on 07834 181 188 or email tina.bonner@ageukteesside.org.uk



little hats, big difference

these little hats change lives



apple hat

intermediate pattern by Juliet Bernard

Yarn: Green and brown DK with some red and black for embroidery

Needles: 4mm

Hat

Cast on 31 sts in green

Beginning with a knit row continue in st st for 14 rows

Next row: k2tog to last st, k1 (16sts)

Next row: purl

Next row: k2tog to end (8sts)

Change to brown

Next row: p2tog 4 times then work an icord for 6 rows.

Next row: K2tog twice. (2sts)

Next row: k2tog and fasten off

Leaf

CO 3 st in green

Row 1: kfb k1 kfb (5sts)

Row 2: purl

Row 3: k2 m1, k1, m1, k2 (7sts)

Row 4: purl

Row 5: knit

Row 6: purl

Row 7: k1, ssk, k1, k2tog, k1 (5sts)

Row 8: purl

Row 9: ssk, k1, k2tog (3sts)

Making up

Use a sewing needle to join side seams and sew in the ends. Attach the leaf to the stalk. Embroider eyes and mouth in black and apple cheeks in red.



Abbreviations: St(s) - stitch(es) | st st - stocking stitch | k2tog - knit two together

ear flap hat by Kim Tanner

mid level pattern

you will need:

- some brightly coloured wool
- a pair of 4mm (UK 8/US 6) knitting needles
- stitch holder
- yarn needle for finishing
- scissors for finishing



**Now find a comfy seat and get settled in.
Let's make this a hat to remember.**

tension

22 sts and 30 rows over 10cm / 4in in stocking stitch on 4mm needles.

Please note: tension is not critical for this project.

for the ear flaps (make 2)

Cast on 2 sts leaving a 4 inch tail.

Row 1: Purl

Row 2: KFB, KFB (4 sts)

Row 3: Purl

Row 4: KFB, K2, KFB (6sts)

Row 5: Purl

Row 6: Knit

Row 7: Purl

Place all 6 sts onto a stitch holder. Then make the second earflap in the same way.

for the hat

Using cable cast on, cast on 4 sts, knit across first earflap, cast on 8 sts, knit across second earflap, cast on 4 sts (28 sts).

Row 1: Purl

Knit a further 10 rows in stocking stitch

Row 11: (K2tog) repeat to end

Row 12: (P2tog) repeat to end

Break yarn and thread through the remaining stitches.

to finish up

Sew up the seam of the hat using mattress stitch.

Sew in the loose tail where the earflaps meet the hat.

Cut four additional lengths of yarn and thread two of them through the points of each earflap. With the cast on tail this will give you 5 strands to plait. This will give a cord on the bottom of the earflap.

Make a pompom as instructed below and attach it to the top of your hat.

how to make a mini pompom

1. Take a fork with evenly spaced prongs.
 2. Place the end of the yarn through the middle prong, leaving a longish tail.
 3. Wrap yarn around all of the prongs a number of times.
 4. Cut the yarn leaving 15cm and tie together tightly with the yarn that you left at the beginning.
- The shape now resembles a bow.
5. Slip all the wool off your fork.
 6. Take a pair of very sharp scissors and carefully insert them into one side of the bow shape.
 7. Cut the loops of yarn in half, taking care not to cut the yarn wrapped around the middle.

8. Repeat on the other side.

9. Shake the mini pom pom to release all the fibres of the yarn and carefully give it a trim until you are happy with the final shape. Add to the top of your hat.

abbreviations

K = Knit, K2tog = Knit 2 stitches together, st(s) = stitch(es), P = Purl, rep = repeat, RS = Right Side of work, WS = Wrong Side of work



Better Health Better Wealth

Thanks to the support of Stockton-on-Tees Borough Council Better Care Fund, Age UK Teesside offer a free service in the borough which is helping to transform the lives of older people.

The Better Health Better Wealth initiative, for residents aged over 65, offers free:

- ♦ **Welfare and benefits checks**
Support to access health and wellbeing services
- ♦ **Social activities in local communities**
- ♦ **Friendship through our befriending service**
Social care referrals for homecare, aids and adaptations
- ♦ **Referral to other agencies to meet other wellbeing needs.**



Stockton-on-Tees
BOROUGH COUNCIL

Better Health, Better Wealth: Stockton Group

Timetable

Monday Social Groups

Strollers and Stragglers,

10.30am – 12.00pm.

Various walks in Stockton each week. Specifically for those with a memory impairment

Monday Meet up,

1.30pm – 3.00pm.

Fellowship Hall, West Street, Yarm
(£1 a session)

Tuesday Social Groups

Tuesday Social,

2.30pm – 4.00pm.

Fellowship Hall, West Street, Yarm
(50p a session)

Thursday Social Groups

Re- Engagement Walk and Talk,

10.30am – 12.00pm.

Various walks in Stockton each week. All welcome

BHBW Walking Group Schedule



every Thursday at 10.30am

5th November Transporter Bridge

12th November Warm Town Hall

19th November Tees Barrage

26th November Stewart Park

3rd December Preston Park

10th December Tesco Coulby Newham

17th December Ropner Park

**Contact the Better Health Better
Wealth team for more information:**

01642 433 728

07921 464 115

Information & Advice

While face-to-face appointments are still suspended, all of our benefit advisors are available for telephone appointments and advice. We have experienced advisors covering the four boroughs of Teesside who can assist you with form filling, welfare and benefit checks and general advice.

Middlesbrough (50+)

Redcar & Cleveland (50+)

Hartlepool (50+)

Stockton-on-Tees (65+)



**Call to make an
appointment
01642 80 55 00**

Older Offenders

“Age UK activities within the 3 prisons are still suspended unfortunately, although we are still producing the Activity Packs which are currently in circulation up to Edition 6. Edition 7 is currently being written, included is information on Black Lives Matter as I want the packs to keep abreast of, and to reflect, events in the 'outside world' as well as providing entertainment via quizzes and puzzles

The packs are still being distributed on a national basis and they are proving to be very popular and a good distraction tool.

I am meeting with the Health Care staff from HMP Frankland next week to try to devise a way in which I can go into the prison to carry out small group and one to one delivery sessions.”

- Deborah Earley, Older Offenders Officer

Be prepared for the winter chill

Call today for
a free home
energy check

Keeping warm may be common sense but it is easy to forget the obvious things, like setting your timer and thermostat at the right temperature.

One of our experienced handypersons can help you prepare for Winter.

**01642
80 55 00**

*This service is free, however funding is limited to older people who are at risk of cold related illnesses.

Age UK is a charitable company limited by guarantee and registered in England (registered charity number 1128267 and registered company number 6825798). The registered address is Tavis House, 1-6 Tavistock Square, London WC1H 9NA. ID203577 04/17



Working with

e-on

Our experienced handyperson, Craig Wilson, who is also a volunteer with our Befriending service, can supply/install light bulbs, night lights, socket timers, draught insulation (internal doors), under door draught excluders and radiator foil.

We have appointments to fill before the 12th March 2021, so get in touch and take advantage of this service.

Assessments will be completed via telephone and the handyperson will call on the day of the appointment to check there are no signs of COVID-19 in the household.

Call today for a **FREE HOME ENERGY CHECK**

01642 80 55 00

Information & Advice

LASTING POWER OF ATTORNEY



Lasting Power of Attorney

Our Information and Advice service have specially trained staff to help you with setting up your Lasting Power of Attorney.



**£200-£364 pp for both the Financial
Decisions and Health and Care Decisions
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.**

**To find out more or to
make an appoint-
ment please call:**

01642

805500



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

Do you look after someone who couldn't manage without your help?

Do you look after someone?

It could be a friend, family member or neighbour who due to illness, disability, a mental health problem or an addiction could not cope without your support.

Know your rights



26th November 2020

Anyone can be an unpaid carer and caring takes many different forms. Caring is undertaken by individuals from all walks of life, for example, a carer could be an 80-year-old man caring for his wife who has Alzheimer's, or a 40 year-old woman in full-time employment who provides regular support to an elderly relative as well as looking after her family.



You could be helping with household tasks such as cleaning or cooking, administering medication, organising and transporting someone to medical appointments, providing personal care or providing emotional support.

You could be caring once a day, a couple of times a week or all the time.

You could be caring for somebody who lives with you, or for someone who lives some distance away. There are no time limits to being a carer.

Caring takes many forms, and many carers do not see themselves as carers. Carers can remain hidden for a variety of reasons, such as not wanting to be labelled a carer, not recognising themselves as a carer, and not knowing there is support available to them. As a community it is vital that we help identify carers so that they can access the information and support available to them.

The theme for this year's Carers Rights Day is "Know Your Rights"

If you, or someone you know, cares for someone else there may come a point when you need a little more help. Here are some useful contacts which may help:



26th November 2020

INFORMATION FOR ADULT CARERS ON TEESSIDE

CARERS ASSESSMENTS: If you are looking after someone who can't manage without your help, you can approach your local Council's Adult Social Care and ask for a Carer's Assessment. You could be caring for someone in your family, a partner, a friend or neighbour.

Agencies that can support you to obtain an assessment are

Age UK Teesside: 01642 805500

Carers Together (Middlesbrough and Redcar: 01642 488977)

Hartlepool Carers : 01429 283095

Adult Carers Support Service (Stockton): 01429 283095

REQUEST FOR A FLEXIBLE WORKING PATTERN AND TAKING TIME OFF IN EMERGENCIES

As an unpaid carer you have a right to request flexible working, time off in emergencies and parental leave.

The Employment Rights Act 1996 gives all employees the right to take a 'reasonable' amount of time off work in order to deal with an emergency involving a dependant. It is at the discretion of the employer, whether or not the time off is paid or unpaid.

Agencies that can support you are:

Citizens Advice Adviceline: 0800 144 8848

Carers Together (Middlesbrough & Redcar): 01642 488977

OTHER SUPPORT AGE UK TEESSIDE CAN OFFER YOU:

GETTING A BREAK: You may get help with a break through your local Council's Adult Social Care department. Age UK Teesside offers a specific befriending service for the cared for, allowing carer a break

AGE UK TEESSIDE (Middlesbrough & Redcar only)

MANAGING SOMEONE ELSE'S AFFAIRS:

There are different ways of managing someone's affairs. Much depends on whether the person you are looking after can currently make decisions for themselves. If you want advice and support to apply for a Power of Attorney please get in touch with us on:

AGE UK TEESSIDE: 01642 805500

USEFUL WEBSITES FOR CARERS: Your local Council will have a section on their website advising you about local help and support. Here are some other sites which may be useful:

WE CARE YOU CARE: <https://wecareyoucare.info/>

CARERS UK: <https://www.carersuk.org/home>

CITIZENS ADVICE: <https://www.citizensadvice.org.uk/>

FINANCIAL ENTITLEMENTS

It is important to know what benefits you and the person you care for are entitled to. It might make a difference to your pension entitlements in the future or bring in extra money to help pay for care. To find out what benefits you may be entitled to call:

Age UK Teesside: 01642 805500

Carers Together (Middlesbrough & Redcar): 01642 488977

Citizens Advice Adviceline: 08001448848

YOUR MENTAL HEALTH & WELLBEING

Caring always involves an element of putting our own needs aside. However it's important that we look after ourselves too, so we can keep going as carers, and because we are individuals whose needs are just as valid as those of our loved ones

Redcar and Cleveland Mind have a dedicated Mental Health Practitioner who can work with carers around their own mental wellbeing concerns (Redcar & East Cleveland only)

Tel :01642 296052

Carers Together (Middlesbrough & Redcar) host a wide range of weekly activities including Virtual Coffee Mornings, Quizzes, Singalongs and History Talks as well as Information and Support Team are hosting sessions to provide Carers with a wide range of information on topics such as changes to welfare benefits and services.

Tel: 01642 488977

MONDAY MEET-UP



Monday 2nd November
Yarm Fellowship Hall
West Street
Yarm

1.30pm – 3.00pm

**Booking is essential to reserve a place, as
numbers are limited.**

Please call to book your place on:

01642 805500

Welcome Home (Redcar and Cleveland)



Coping with shielding during Covid 19

The Welcome Home Project aims to support people who have had a recent stay in hospital and who may need some social support upon discharge to home.. The project works to reduce social isolation and loneliness and seeks to ease the re-admission rate of those who have had a hospital stay. Volunteers can provide a social interaction and if required practical help for those who have recently been discharged.

April 2020:

We received a referral from the Cancer Ward at James Cook University Hospital for Jane and her husband Chris. Jane was receiving cancer treatment, meaning she had to shield for 3 months, as did Chris. As they could not go out and no one could enter their home they found themselves in need of some additional support.

The co-ordinator of the project, Debbie initially made contact with Jane and spoke with Chris about the challenges that they were facing, in particular with the shielding advice. Chris was having problems getting Jane's medication delivered on time and fully completed which was causing him concern. Chris was advised to contact Jane's GP, which was frustrating because the line was so busy with other callers, but after several days they established a new provider for the medication which did arrive on time and was complete.

Jane and Chris, although they had received their Shielding information from the Government, were unaware that they were entitled to 2 food parcels per week from the local authority, once they had registered. Unfortunately Jane was not on the Councils system so they asked them to contact the Governments helpline. This caused them further distress as it was an automated system and they found it difficult to negotiate. In a follow up call a couple of days later they informed Debbie that they had received 2 food parcels including bread, cheese, eggs, fruit, veg and to their amusement a huge tin of tomatoes!

They said they were very grateful and now feel that the stress of getting regular food has now been lifted and this is a great help to them.

Both Chris and Jane have appreciated the support they received from the project, especially the opportunity to talk through the issues of registering and shopping deliveries. They have particularly valued the support and advice they have received from Debbie and the project will continue to support them over the coming months.

September 2020:

Debbie has continued to support Jane and Chris throughout the Lockdown period and throughout them adapting to the lifting of Lockdown by way of weekly telephone support. This has involved speaking to Jane and encouraging her to achieve small steps for example having the courage to meet family members in their gardens and going out for walks with Chris in open spaces. Chris has had to adjust to feeling comfortable and safe going to the shops to get their groceries after not having been out for months. These challenges highlight the issues faced by many people who have been through the same experiences and also how difficult it can be for people to feel safe coming back out into society.

Jane has received treatment throughout Lockdown and she has had to face the fear of having to go out to attend her appointments which of course were crucial. They were recently delighted to inform Debbie that Jane is now cancer free and will now only need routine check-ups which is wonderful news. Due to safety restrictions Debbie had not actually met Jane and Chris and was very pleased to be able to go to meet them be it on their doorstep to congratulate them in person for dealing with such difficult circumstances along with Jane's illness.

They have been a pleasure to work with and say that they have really benefitted from the support given to them by Age UK Teesside. They also know that they can come back to our service at any time for advice and support.

If you need support from the Welcome Home service, please call 01642 80 55 00

Rekindle

Digital Inclusion in Middlesbrough



We're still supporting people during lockdown so please get in touch if you need assistance or if you know someone who does. Things have changed as a result of Covid 19 but here are the ways we are supporting people:

- Telephone support supplemented by printed guides mailed out to you.
- There are many support videos on our YouTube Channel. We can add extras on specific subjects/issues at your request. Or we can send a DVD of these videos to your home.
- We are doing some online delivery by video conference. Not everyone has the ability to participate in this but if a younger family member can assist we can do it through an intermediary.
- We can assist and mentor a younger family member who can in turn support their older relative. We will provide advice and materials to facilitate this.
- If you are thinking of buying a tablet or smartphone for yourself or an elderly relative we can offer advice and show you examples.
- We can loan a tablet or smartphone to you to try out.

If you or someone you know would benefit from digital advice, please contact Steve Thompson on:

07921 464108

Steve.Thompson@Ageukteesside.org.uk



T O G E T H E R
TUESDAY GET-TOGETHER

Tuesday 3rd November
Yarm Fellowship Hall
West Street
Yarm

2.30pm – 4.00pm

**Booking is essential to reserve a place, as
numbers are limited.**

Please call to book
your place on:

**01642
805500**

The Art of Letter Writing - Marie Kerr, Time Out in Redcar & Cleveland

In a world full of endless forms of communication and technology that is constantly changing, one would think sitting down and writing a letter is considered old fashioned. Why write a letter when you can text, call, or FaceTime? Even though it is not as fast and easy as choosing one of those options, it is still just as important. If not, then it is a thousand times more meaningful.

Sending a letter is the next best thing to showing up personally at someone's door. Ink from your pen touches the stationery and your fingers touch the paper. Something tangible from your world travels through machines and hands, and lands on another's mat, through the letter box.

Letters and their contents can also capture a time and place in history and the physical act of holding such documents gives us a portal into the past.

One such letter was received by the mother of one of Redcar's Time Out clients, Jackie (aged 83). During World War 2, Clementine Churchill, the wife of Winston Churchill acted as

Chairperson of the Red Cross Aid to Russia Fund. The money raised helped pay for warm clothing and medical supplies including socks. Jackie's mother set up a local knitting group in Dudley to start knitting socks. In October 1942, she received a handwritten letter from Mrs Churchill to thank her for her efforts:



Clementine wrote:

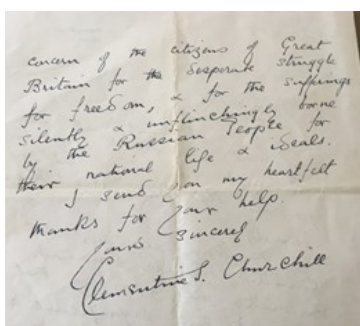
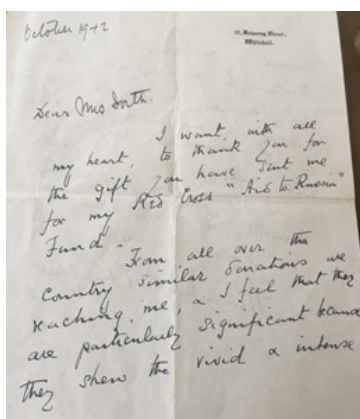
"I want, with all my heart, to thank you for the gift you have sent me for my Red Cross" Aid to Russia" Fund.

From all over the Country similar donations are reaching me, and I feel that they are particularly significant because they show the vivid and intense concern of the Citizens of Great Britain for the desperate struggle for freedom, and for the sufferings silently and unflinchingly borne by the Russian People for their national life and ideals.

I send my heartfelt thanks for your help

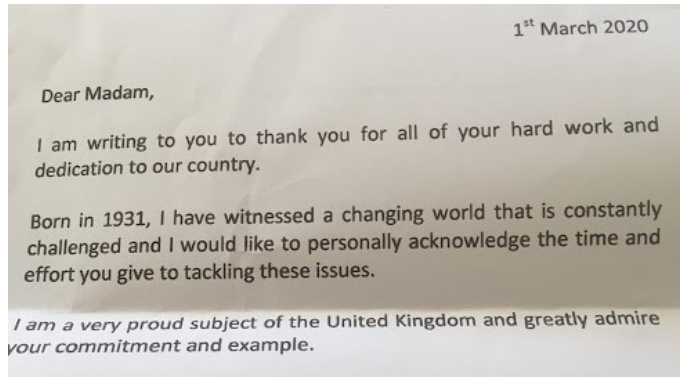
Yours sincerely

Clementine S Churchill"



These days, we have a new enemy to face in the form of a pandemic. For many writing letters of support can lead to unexpected replies.

In April, one of my clients, Charles, who is in his 90s and from Skelton, felt the urge to write to the Queen to remind her that everyone was behind her. Charles wrote:



“Dear Madam,

I am writing to you to thank you for all of your hard work and dedication to our country.

Born in 1931, I have witnessed a changing world that is constantly challenged and I would like to personally acknowledge the time and effort you give to tackling these issues.

I am a very proud subject of the United Kingdom and greatly admire your commitment and example.”

Everyone, including his wife, told Charles that the Queen would never answer but Charles kept faith and advised everyone to be patient.

Then one day the postman, with an unusually large grin, came to the front door querying why Charles had received a letter from Buckingham Palace. In his hands, he held an envelope showing the familiar crest.



The Queen had indeed received Charles’ letter and had responded through her Lady in Waiting:

“The Queen wishes me to thank you for your letter and for your kind message. Her Majesty is most grateful for the warm sentiments you expressed and I am to thank you, very much, for your thoughtfulness in writing which is greatly appreciated.

Yours sincerely

**Susan Rhodes
Lady in Waiting”**

Both of these letters were written by incredibly important and influential people and their impact was enormous but you don't have to be of the same calibre as a Prime Ministers wife or the Queens Lady in Waiting to create the same impact. Sending a letter is the next best thing to showing up personally at someone's door. Something tangible from your world travels through machines and hands, and deposits itself in another person's letterbox.

Time Out in Redcar & Cleveland

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.

Many people dedicate a significant proportion of their own time to look after and care for their spouse, children, parents or even neighbours. Many do not recognise their essential role as a carer and get very limited time, if any, to see friends, go for a coffee, attend appointments or even get their hair cut. This often leads to a decline in their own health and wellbeing.

The TIME OUT service arranges a volunteer to sit with the person they care for, allowing the carer a break. The same volunteer will visit the cared for on a regular basis and act as a befriender for up to 8 hours a month. Volunteers are matched with the cared for based on shared interests where possible so that everyone involved benefits from the service.

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**

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

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





Safe Steps Service for Women 50+

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.

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

For more information please contact Leanne on:

01642 805500

or email leanne.hogg@ageukteesside.org.uk

For a referral form please email front.office@ageukteesside.org.uk

Age UK Teesside, TAD Centre, Ormesby Road, Middlesbrough, TS3 7SF

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

“My name is Leanne Hogg and I am so excited to be joining the team at Age UK Teesside. I feel privileged to be setting up a new service around domestic abuse and would like you all to know a bit about it, and myself.

My background is in domestic violence/abuse and I am a survivor of abuse myself. Because of my history I felt the need to help others to escape abuse.

I started working in this area when I was a researcher for the Social Futures Institute at Teesside University. I worked alongside Professor Jill Radford and Professor Paul Van Schaik on various projects around abuse.

I was also part of the Tees Valley Sexual Violence forum for a number of years and have worked directly with victims throughout my work history so have a good understanding of services available.

My title is an Independent Domestic Violence/abuse Advocate, or IDVA. This service is to reduce the risk to women 50+ suffering domestic abuse.

Abuse is not limited to physical violence and women often say that the physical violence is the easiest to cope with. I can support women with all types of abuse including emotional, psychological, financial, sexual abuse and controlling and coercive behaviour. I can also support women who choose to stay in the relationship.

Each aspect of abuse has a significant effect on the individual and you may see signs of alcohol abuse, mental health, drug use, self-harm, trauma to name a few. These types of behaviours are all well-known coping strategies.

I would just like to say thank you so much for all members of staff I have met as you have all been very welcoming and a lot of fun. I am available for a chat if anyone wants advice around a client or even anyone they know.”

- Leanne



Music in Hospitals & Care have been providing live music since 1948 to people of all ages and of all musical persuasions. Our motto, Joy Through Live Music, has meant something different this year, as we have to keep

our distance and do our best to find a way to carry on reaching people. Our musicians usually perform throughout the UK, to people of all ages, in all sorts of settings. This year has seen them perform in gardens and gazebos in all weathers, as well as gearing up for appearing online, through TVs and computers throughout the land!

If you, or your Age UK group would like to hear some live music and get a dedication from one of our memorable musicians, there are many ways we can do this;

- **Do you have a large hall and can keep 8-10m between the audience and the musician? They can play for you in person!**
- **Do you have a sheltered area outside and a chance of reasonable weather? They can come to you!**
- **Have you got a telephone? We can arrange a 'Ring & Sing' through your local group. This just involves dialling in, where you'll be able to hear the musician and have a chat with them and anyone else who's dialled in.**
- **Do you have internet access, either through Age UK, or in your own home? You can join one of our public concerts, or, we can arrange a private concert, just for your group.**

However our musicians reach you, they can offer all sorts of music and they'll be playing it just for you.

For more information call Catherine on 07984 449 355, email Hello@MiHC.org.uk or for our online music programme, see www.mihc.org.uk/news-events/events/



Cheeky Charlies

Online Shop

Age UK Teesside's online retail team are hard at work during lockdown, raising much needed funds to continue our services and you could join them! We are looking for Online Sales Champions to volunteer a little time each week to help sort and sell donations.

You can still volunteer during lockdown, and if you have been furloughed, as we use eBay and other online platforms—you can volunteer from the safety of your own home, from 2 hours a week.

Volunteer

#NotJustVolunteering

Online Sales Champion with Age UK Teesside:

Age UK Teesside Retail is based at The TAD Centre in Ormesby Road, Middlesbrough and through various digital outlets such as eBay and gumtree etc reaches an audience further afield. We are committed to increasing the retail division of the organisation and therefore also to those who are volunteering with us in order to take it to the next level.



Skip a Facetime.

Why not spend just 2 hours
volunteering with Age UK Teesside?

2 hours
per week

Donations

We can still arrange collections and drop-off appointments for donated items, please see full lists of what we can, and cannot, accept:

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

Buying Preloved:

We have a wide selection of quality goods available online, including toys, clothing, books, electrical appliances and collectables. Find your perfect preloved item today.

Our Online Shop is accepting donations through lockdown!