

Age UK Teesside

Newsletter

October/November 2019



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Santas On The Bridge

Christmas Abseil:

In Memory of Jason Wood



Middlesbrough's Iconic Transporter Bridge is once again the backdrop for Santa's on the Bridge, a 165ft Abseil on the 8th December, this year in memory of Jason Wood who sadly passed away last December.

Jason worked for Morrison's at Teesside Park; he led a fearless team of 10 colleagues, participating in Santas on the Bridge 2018 in aid of Age UK Teesside. His kindness, generosity and passion for supporting local causes was remarkable, therefore Age UK Teesside are dedicating this year's Abseil to his memory and ensuring his legacy lives on.

Santas on the Bridge offers participants the chance to get into the festive spirit; in full Santa suit participants will climb the 210 steps to the top of the bridge and then step backwards over the edge of the platform abseiling straight down to the tarmac below.

Entry to the Abseil costs just £15, which includes your Santa suit. Participants are asked to raise a minimum of £60 in sponsorship to support Age UK Teesside in reducing Loneliness and Isolation across Teesside.

Join us as we take on this fantastic festive challenge and celebrate the memories of the loved ones, friends and colleagues we have lost.

Minimum age 8 years of age (or 6 if confident and experienced in Abseiling).

STROLLERS & STRAGGLERS

Dementia Walking Group

FOR PEOPLE WITH DEMENTIA & THEIR CARERS. THE SESSION WILL INCLUDE A LOCAL WALK AND REFRESHMENTS IN A SOCIAL SETTING.
THE SESSIONS ARE OPEN TO ANYONE IN THE TEESSIDE AREA TO ATTEND.

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

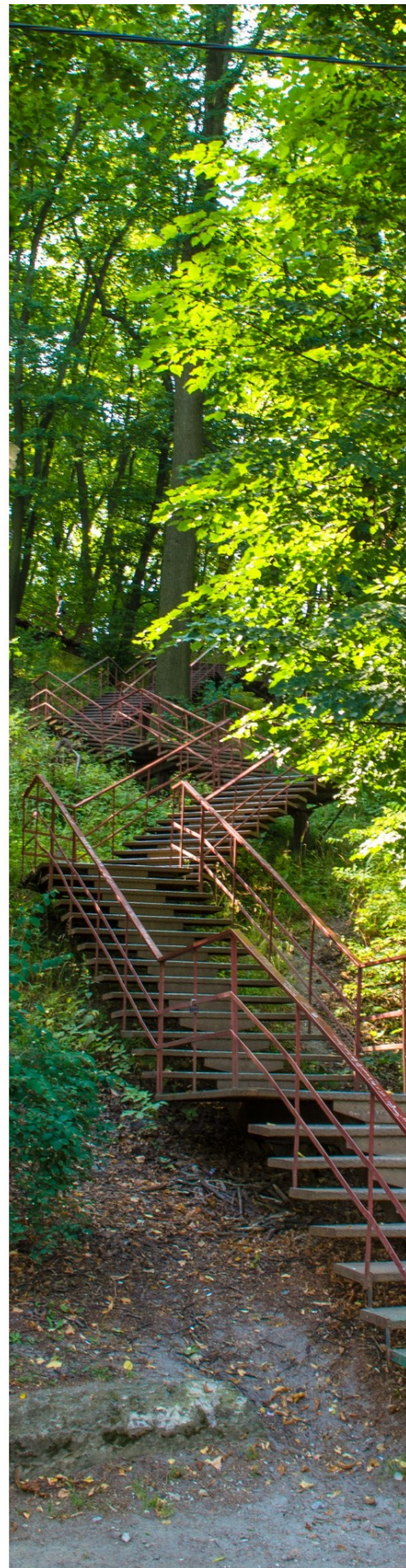
01642 80 55 00

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

TEES BARRAGE
ROPNER PARK
PRESTON PARK
THORNABY



10:00am - 12:00noon
Monday



If weather is bad we will be doing activities at the Livewell HUB.

Please contact Louise on **07737213018** or Age UK Teesside on **01642805500**

if you can't make it or would like to join .



“As part of the LGA’s wider sector-led improvement offer, the Digital Inclusion programme is helping councils to reach out and provide a vital service for residents who don’t have access or confidence to use digital platforms.”

The Local Government Association has awarded Middlesbrough Council funding which will help them reach out to residents who lack the skills, infrastructure and confidence to go online by providing them with support, assistance and one-to-one mentoring.

The Re-Kindle Project, a collaborative approach between Age UK Teesside and Middlesbrough Council’s Staying Put Agency will support elderly and disabled people to improve their ability to access the internet to reduce the impact/risk of loneliness and isolation.

With 21 per cent of Britain’s population lacking the basic digital skills and capabilities required to benefit from using the internet. The project will provide residents with earlier access to support and also help those who require more support or may have specific needs that cannot be met through the standard online service offer, improving livelihoods and wellbeing.

If you would like help in accessing the internet, the chance to improve your digital skills and the opportunity to rekindle social connections through assisted digital support... contact us on **01642 805500**

Phoenix 2019

Mondays

Carpet Bowls

Fun, Social, Group (Bring a packed lunch)

10.30am – 2.00pm

£1.00 per session

At Grove Hill Community Hub

Bishopton Rd

Grove Hill

Middlesbrough TS4 2RP



Tuesdays

Lunch n Social

Come along and make new friends, enjoy Dominoes, Scrabble, Chess or tackle a jigsaw!

Light lunch plus refreshments provided.

£4.00 per session (catering) or bring a packed lunch.

11.00 am – 2.00pm

Booking essential contact Tina for details

At North Ormesby Community Hub

Derwent Street,

North Ormesby

Middlesbrough TS3 6JB



Podiatry Service Contact Tina for details and appointments.

Wednesday

Chair Exercise & Reminiscence Activities 10.am – 11.am

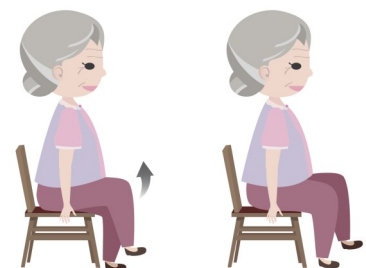
Chair exercise is a fun seated workout for people living with dementia, including a vast range of gentle exercises without leaving your chair. Join in and reap the physical benefits all whilst having fun with friends and reminiscing about past times.

At Grove Hill Community Hub

Bishopton Rd

Grove Hill

Middlesbrough TS4 2RP



Thursdays

Craft sessions

Knitting Embroidery Card making Crochet – or bring along your own craft/idea?

10am – 12noon

60p to include refreshments

At Grove Hill Community Hub

Bishopton Rd

Grove Hill

Middlesbrough TS4 2RP



Fridays (every 2 weeks—see schedule on page 14)

Friendship Friday

Enjoy a Quiz, Raffle and Prize Bingo!

Bingo & Raffle tickets available to purchase (bring along a raffle prize)

Fish n Chip lunch (£4.60p) or bring a packed lunch.

11.15am – 2.30pm

£2.00 admission to include refreshments

Booking essential contact Tina

At St Cuthbert's Church Hall

Stokesley Rd

Marton

Middlesbrough TS7 8JU



Saturday morning & Monday evening

Zumba Gold – Shake it at your own pace – A class for all abilities!

1st 6 sessions free for 50 +

Contact Glyn for times and venue Tel .07512 661895.

Contact Tina 01642 433723 / Mobile 07834 181188

or reception 01642 805500



Stewarts Park

Lets Walk !

Boosts energy, Manages stress, lifts your mood, Improves fitness, Promotes better health, Make New Friends !

Meet in Car Park at 10.30am
& Lets Walk !

15th November

Watch this space for more
dates in the spring !

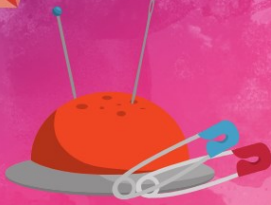


The Phoenix

In times of doubt
and confusion,
it symbolizes strength,
transformation and renewal.

For only from the ashes of
who we were, can we rise up
to become who we're to be.





Phoenix Crafts

Including:

- Painting
- Sewing
- Knitting
- Origami
- Card-Making
- Personal Projects
- & more.

Bring along a project or try something new while chatting with other crafters.

Call Tina on **01642 433 723** for more information.

Thursdays

10 am - 12 Noon

Grove Hill

Community Hub



The Friendship Friday group celebrated the 70th birthday of Derek Bennet (left) in October; we wish Derek many more birthdays with us in the future.

We would like to say a big thank you to the dedicated Phoenix volunteers – Sheila & Ken along with the staff from Santander and Cummins Engineering for their continued support, without you we wouldn't be able to offer our services or provide our clients with such wonderful experiences.

Winter Warmth Scheme

Support for Middlesbrough residents to keep safe, warm and well this winter



Middlesbrough Council's Winter Warmth scheme offers support for local people



Many of us look forward to the winter months, with Christmas and cosy fires. But for the more vulnerable in our community winter can bring with it a host of daily struggles and in the most severe of cases, these struggles can be life-threatening.

Middlesbrough Staying Put Agency works with hundreds of older and vulnerable clients each year. As the winter approaches, weather becomes a big concern to many and often people know how they can access help and support. This is where the agency can help you by providing:-

⇒ **Boiler Servicing & Repairs**

Over the winter, central heating and hot water can be a big concern for the elderly and vulnerable residents of Middlesbrough and the agency offers a service to assist in helping with these problems. Caseworkers can make home visits to give advice, provide equipment and assist in making sure that these residents are ready for the colder months.

⇒ **Winter Warmth Essentials/ Practical Advice & Support**

The agency provides clients and their families with a wide variety of support, this can include helping with equipment and advice on staying warm across the winter, or providing blankets, fleeces, gloves, hats, shoe grippers and other winter essentials to keep the worst effects of the cold at bay.

⇒ **Emergency Loan Heaters**

Clients struggling to stay warm can be provided with emergency loan heaters.

Contact Us:-

For more information and to discuss how we can help, call us on 0800 5875 184

We can also be contacted by email at stayingputagency@middlesbrough.gov.uk, or visit us at [Middlesbrough.gov.uk/spa](https://www.Middlesbrough.gov.uk/spa)

WHO SLEIGHED SANTA?

MURDER
MYSTERY

The Wenceslas Department Store has booked a different group of actors to play Santa and his helpers for it's grotto this year.

It's less ho ho ho and more of a nightmare with the man in the red suit being rude to parents, an Elf who wants to see the back of Santa and a Christmas fairy who has other things on her mind.

So when last year's Santa winds up dead it's hardly a surprise but can you work out who killed Santa?

**Thursday 5th December
from 7.00pm**

**Synthonia Suites
Belasis Avenue
Billingham TS23 1LH**

Tickets £15pp (includes pie & peas)

For tickets please call
01642 433727
or sign up online at
www.ageuk.org.uk/teesside



 **Teesside
ageUK**
Love later life

Registered Charity No 702714

Christmas Bark in the Park

Our sponsored dog walk returns to mark the start of the festive season.

On Sunday 1st December 2019, at Preston Park, we will be walking 3 miles with our four-legged friends; only £5 per dog plus sponsorship.

Festive fancy dress is welcome and we even have items available for sale to get you into the Christmas spirit.

Register your dog for Bark in the Park on our website; Items are also available to buy online at:

<https://www.ageuk.org.uk/teesside/get-involved/fundraising/bark-in-the-park/>

Alternatively, you can contact our event organiser Laura to sign up or purchase clothes on 01642 433 727 or email laura.wedgwood@ageukteesside.org.uk

Adult Santa Suit

£6.50

£1

Santa Hat

FOR SALE

£2.50

Small Dog Santa Suit

CALLING ALL DOGS!



BARK IN THE PARK

SUNDAY 1 DEC 2019



Festive
fancy dress
welcome

GET YOUR FRIENDS & FAMILY TOGETHER FOR A 3 MILE SPONSORED
WALK IN THE PARK. SUNDAY 1 DECEMBER 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

To sign up please call
01642 433727 or 07921 464126
or sign up online at
www.ageuk.org.uk/teesside
Email: laura.wedgwood@ageukteesside.org.uk

ALL PROCEEDS
IN AID OF

Registered Charity No 702714

 **Teesside
ageUK**
Love later life

Health & Wellbeing: Better Health Better Wealth

Groups in Stockton

Call for more information - 01642 805500

Strollers & Stragglers

Walking Group (See page 4)

Every Monday 10.00—12.00pm

The session will include a local walk and refreshments.



Monday Meetup

Yarm Fellowship Hall, West Street

Every Fortnight - Mondays 1.30—3.00pm

Social group including chair-based exercise and games.

Will include tea, coffee, cake/biscuits at £1 per person.

Try it Tuesday

Thornaby Pavilion

Every Tuesday 12.30—2.30pm

Social group with the option to try your hand at New Age Curling!

Chair Based Exercise

St Andrews Methodist Church, Stockton

Every Tuesday 11.30—12.45pm

A chance to socialise and engage in some chair based exercise.

£2 per session, 60p for refreshments.

I-Tees, Information Teesside

South Thornaby Community Centre, Havilland Road, Thornaby

Every Tuesday between 10.00 - 12.00 noon

Digital Device tutorials and computer training with social activities and refreshments. Only £1 per session.

Mid-Week Social Group

Live well Dementia Hub, Thorntree Road, Thornaby

Wednesday 10.30am - 12.00 noon

Social activities for older people providing stimulation and social engagement. Sessions are 50p per person.

Friday Friends

Live Well Hub, Thorntree Road, Thornaby

Every Friday 1.00pm - 3.00pm

A social group for those living with dementia. Sessions are 50p per person; carers meet at the same time in the room next door.

Zumba Gold Class

South Thornaby Community Centre, Havilland Road, Thornaby

Monday 2.00pm - 3.00pm

The dance party workout for the young at heart.

Are you interested in FREE

- Welfare & Benefit checks?
- Support to access health & wellbeing services?
- Social activity groups in your area?
- Practical help (Befriending)?
- Social Care referrals for homecare, aids & adaptations?
- Referrals to other agencies to meet your needs
- & much more!

Call 01642 80 55 00 today

Classes are
£3.00 per
session.



Festive Lunches 2019

Our annual festive lunches will be taking place, one in each of the four boroughs, in the third week of December. Each event can accommodate 50 people, so booking is essential if you wish to join our festivities.

The details of all four lunches is below, if you would like to book a place you can call 01642 80 55 00 and speak to Gill or Louise.

Middlesbrough

Date: Tuesday 17th December

Venue: The TAD Centre, Ormesby Road, Middlesbrough, TS3 7SF

Stockton-on-Tees

Date: Monday 16th December

Venue: Yarm Fellowship Hall, West Street, Yarm, TS15 9BT

Hartlepool

Date: Thursday 19th December

Venue: St Matthew's Parish Hall, 143 Elwick Road, Hartlepool, TS26 9JF

Redcar & Cleveland

Date: Friday 20th December

Venue: Westmorland Community Centre, Westmorland Road, Redcar, TS10 4BQ



All four festive lunches will start at **12.00pm** and end at **2.30pm**. The events are free to attend, include a buffet lunch, refreshments, entertainment and a raffle. Please book early to avoid disappointment.

Befriending

Are you aged 65+? Do you live alone, have little or no contact from family and friends and have difficulty accessing social groups? If yes, our free Befriending Service can arrange for a volunteer to:



- Visit an older person in their own home
- Have a friendly chat over a cup of tea / coffee
- Offer friendship and a listening ear
- Assist with small daily living tasks
- Accompany clients on short walks, outings or to local social activity groups.

Volunteers:

We are looking for local people to build relationships with individuals to promote their wellbeing, reduce their isolation and loneliness and engage them back into the community. If you, or someone you know has a couple of hours to spare each week then we would love to hear from you.

We currently run Befriending services across Middlesbrough, Stockton-on-Tees and Redcar & Cleveland.

If you would like to make a referral to the Befriending Service or are interested in becoming a Befriending Volunteer, please contact our Befriending Manager Paula Taylor on 01642 80 55 00 or at paula.taylor@ageukteeside.org.uk

£15PP INCLUDES 4 COURSE MEAL

JOLSHA

**Monday 16th
March 2020
7.00pm**

CURRY AND QUIZ NIGHT

Join us a for 4-Course culinary feast at Jolsha Finest Indian and Bangladeshi Dining. Courses include:

- Poppadom and Pickle
- Mixed Kebab or Mixed Vegetable starter
- Pilau Rice or Naan Bread
- Chicken Korma, Lamb Bhuna or Vegetable

 **Teesside
age UK**

Registered Charity
No:702714

COMING IN 2020

PARANORMAL BOO! TCAMP & GHOST HUNT



WHAT IS A GHOST?

Saturday 21st March 2020,

**£25pp plus Sponsorship
Saturday 21st March 2020
7pm-12.30am**

**TAD Centre,
Ormesby Road,
Middlesbrough,
TS3 7SE**

For tickets visit
www.ageuk.org.uk/teesside



Featuring 'What is a Ghost' Seminar from Richard Felix, Paranormal Historian, star of Most Haunted, Ghost Reponse Haunted UK, Great British Ghosts, Ghost Skool & Britains Greatest Haunts.

Plus a Ghost Hunt with Psychic/Exorcist Ian Lawman, star of Most Haunted, I'm Famous and Frightened, Ghost Chasers, Ghost Skool and Haunting Australia

Time Out Service

Are you aged 18+ and live in Redcar & Cleveland?



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

07834 181 190

marie.kerr@ageukteesside.org.uk



Volunteer with Age UK Teesside

Volunteering Roles with Age UK Teesside:



- Befriending volunteer
- IT Mentor
- Group/Event volunteer
- Time-Out volunteer
- Welcome Home volunteer



**Call 01642 80 55 00
and start making a
difference today**



Welcome Home Project

The Welcome Home project aims to provide support and company for those older people who have been discharged from a hospital stay and live alone in Redcar and Cleveland.

Before or upon discharge suitable patients will be matched with a project volunteer who will support the patient to get home and will offer 4-6 weekly visits (1 visit per week) at the older persons home to help build their wellbeing and independence and reduce re-admission rates.



If you are interested in this service or interested in becoming a Welcome Home Volunteer, please contact:

07921 464 125

Paula.Taylor@ageukteeside.org.uk

If you would like to find out more please talk to the Therapeutic Care Team on:

01642 282496

Ex - 52496

The
Henry Smith
Charity

founded in 1628

Welfare Benefits Advice

We can offer free home visits for:

- Welfare & Benefit Checks
- Assistance with Form Filling
- General Benefit Advice
- Telephone Advice

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

For more information, or to book an appointment, please contact Angela on :

07921 464 127

angela.brough@ageukteeside.org.uk



IT'S YOUR RIGHT TO CLAIM

Why not call to make an appointment on 01642 802303 or drop into one of the sessions below and let us check if you can claim any additional money.

Date	Time	Venue
Monday 28th October 2019	10.00am-4.00pm	Acklam Green Centre, Stainsby Road, Whinney Banks, TS5 4JS
Tuesday 29th October 2019	10.00am-4.00pm	Acklam Green Centre, Stainsby Road, Whinney Banks, TS5 4JS
Wednesday 30th October 2019	1.00pm-4.00pm	Acklam Green Centre, Stainsby Road, Whinney Banks, TS5 4JS
Monday 11th November 2019	10.00am-4.00pm	Acklam Green Centre, Stainsby Road, Whinney Banks, TS5 4JS
Tuesday 12th November 2019	10.00am-4.00pm	Acklam Green Centre, Stainsby Road, Whinney Banks, TS5 4JS
Wednesday 13th November 2019	1.00pm-4.00pm	Acklam Green Centre, Stainsby Road, Whinney Banks, TS5 4JS

Please pop in for more information or call to make an appointment.
(Telephone advice will also be available)

MAKE THE CALL: **01642 802303**

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

Health watch (Need a new GP or Dentist?)

0808 172 9559 -Freephone

Talking Matters (Mental Health services)

0300 3305470 -Freephone

EVA (Women's aid and Rape Crisis)

01642 490677

Cleveland Fire Brigade (Free Home Fire-Safety Visit)

01429 874063

Thank you for supporting Age UK Teesside

Age UK Teesside

Dorothy Rose Suites (29-32)

The TAD Centre, Ormesby Road

Middlesbrough

TS3 7SF

www.ageuk.org.uk/teesside

01642 80 55 00



SUNDAY 8TH DECEMBER 2019
TRANSPORTER BRIDGE MIDDLESBROUGH

SANTA'S ON THE BRIDGE ABSEIL

Festive Fun for all the family! Join us as we Abseil 160 feet from the Transporter Bridge dressed in Santa Suits! Suitable for anyone aged 6 and over.

ENTRY COSTS

£15

which includes your Santa suit.
We ask that each participant
raises a minimum of £60
in sponsorship.

Make this a Christmas to remember and face your fears!
Places are limited, sign up today to avoid disappointment!

To sign up please call **01642 433727** or **07921 464126**
or sign up online at www.ageuk.org.uk/teesside
Email laura.wedgwood@ageukteesside.org.uk

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