

# AGE UK TEESSIDE NEWSLETTER

OCTOBER 2018



<b>AGM Highlights</b>	<b>3-6</b>
<b>Christmas Bungee 2018</b>	<b>7</b>
<b>Dementia Walking Group</b>	<b>8-9</b>
<b>Food Donations</b>	<b>10</b>
<b>Event: Dance Through Time</b>	<b>11</b>
<b>Friendship Friday</b>	<b>12</b>
<b>MCST</b>	<b>13</b>
<b>Phoenix Activity Schedule</b>	<b>14-15</b>
<b>Better Health Better Wealth Activity Schedule</b>	<b>16</b>
<b>Big Knit 2018</b>	<b>17</b>
<b>Big Knit Patterns</b>	<b>18-19</b>
<b>Middlesbrough Befriending</b>	<b>20</b>
<b>Hartlepool Befriending Service</b>	<b>21</b>
<b>Festive Lunch: Stockton</b>	<b>22</b>
<b>Festive Lunch: Middlesbrough</b>	<b>23</b>
<b>Festive Lunch: Hartlepool</b>	<b>24</b>
<b>Festive Lunch: Redcar</b>	<b>25</b>
<b>I &amp; A: Community Hub Advice in Middlesbrough</b>	<b>26</b>
<b>Donations Wanted</b>	<b>27</b>
<b>Event: March Against Loneliness</b>	<b>28</b>
<b>Good to Know! Useful Contacts in Teesside!</b>	<b>29</b>
<b>Christmas Carol Concert</b>	<b>30</b>



# Annual General Meeting 2018



**Trustees (from left to right) Jon Berg, Hannah Bows (Chair of the Board), Peter Whelan, Anne Sykes (CEO) and Pauline Newton.**

On October 24th, Age UK Teesside held our Annual General Meeting of 2018, the first in our new premises, the afternoon was filled with updates on our organisation from our finances to our projects, with a host of guests and presentations by our staff.

Chair of the Board of Trustees, Hannah Bows welcomed our attendees and Treasurer, Jon Berg, presented the company accounts before announcing that JBC Accountants would be appointed as our auditors again this year.



## Celebrating our Achievements



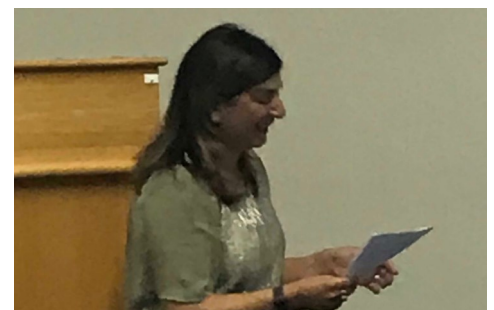
Each of our project leads spoke at the AGM, explaining their roles within the charity and presenting their achievements in the community. Christina Bonner, head of the Phoenix Project and MCST, brought along a special guest speaker, volunteer and former client. Robert Banks (73), joined the Stockton MCST (Maintenance Cognitive Stimulation Therapy) group as a client living with Dementia, however, he has recently become a group volunteer to ensure this

incredible service can continue to benefit others as it has benefited his own life. Robert spoke at our AGM about his own experiences with the program and how vital it is that funding be secured for this important service, which can improve the lives of those living with dementia significantly.

Also present was Emma McCalley, who works for Santander and volunteers for our Phoenix Project; Santander have supported our groups for several years now, funding afternoon tea's and Christmas parties, with volunteers going to groups and even taking part in fundraising events.

Other staff presentations included:

- Fundraising—Laura Wedgwood
- Hoarding—Jackie Johnson
- Older Offenders—Susan Robinson
- Middlesbrough Befriending—Paula Taylor
- Redcar Befriending—Amanda Bowstead & Robynne Orton
- Better Health Better Wealth—Karen Parkin
- Hartlepool Befriending—Pamela Cairns
- Information & Advice—Graham Lyndsey





## Awards Presented

This year we presented awards for special individuals and organisations who deserved recognition for their ongoing support and past contributions.



## Trustees

This year we said goodbye to two of our trustees; Leslie Howes (trustee since 2011) and John Sweeney (trustee since 2007). Our trustees are highly-respected professionals who volunteer their time and expertise, for which we are very grateful.

Both Leslie and John will receive awards for their service.



## Santander

Santander have supported Age UK Teesside for several years now and had already been presented with their award prior to the AGM; their staff have taken part in our fundraisers this year, skydiving, abseiling and bungee jumping.

## Tilly Bailey & Irvine



Tilly Bailey & Irvine solicitors work with Age UK Teesside as legal advisors. In 2017, we launched our Wills Month, where TBI solicitor Nicola Dalzell (pictured right) freely offers her expertise to those needing a will, in return for a small donation to Age UK Teesside. Not only does Nicola freely give her time to our clients but she also took part in this year's Bark in the Park event.

Nicola collected Tilly Bailey & Irvine's award from CEO Anne during our AGM



## Cutting the Ribbon

On September 24th this year, Age UK Teesside moved from our building on Borough Road to the new office in the TAD Centre. One month on and we are settled in and business is back to normal.

Dorothy Rose continues to be guest of honour at Age UK Teesside's Annual General Meeting. In recognition of her lifelong commitment and dedication to Age UK Teesside, the charity named their Middlesbrough Headquarters, "Dorothy Rose House". To continue this tradition, we chose to christen our new office the "Dorothy Rose Suites" and invited Dorothy to formally open the office.



Dorothy Rose has been involved with Age UK Teesside for the past 74 years, in that time Age UK Teesside have moved a total of 8 times; buildings come and go but Dorothy's support for Age UK Teesside has never wavered. Dorothy, 93, was Chair of the Board for many years and continues to host and organise events such as chair-based exercise classes with daughter Margaret and Fish Friday at St Andrews Church in Hardwick.

Anne surprised Dorothy with a "thank-you" floral basket after she cut the ceremonial red ribbon and all AGM guests were invited to see the new premises.





# HAVE YOU GOT TIME



# TO BUNCEE?

**SUNDAY 2ND DECEMBER 2018**  
**TRANSPORTER BRIDGE, MIDDLESBROUGH**

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

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

Laura-Jane Wedgwood on 07921464126 or  
email [laura.wedgwood@ageukteesside.org.uk](mailto:laura.wedgwood@ageukteesside.org.uk) [www.ageuk.org.uk/teesside](http://www.ageuk.org.uk/teesside)



# DEMENTIA WALKING GROUP

FOR PEOPLE WITH DEMENTIA & THEIR CARERS. THE SESSION WILL INCLUDE A LOCAL WALK AND REFRESHMENTS IN A SOCIAL SETTING.

THE SESSIONS ARE OPEN TO ANYONE IN THE TEESSIDE AREA TO ATTEND.

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

**01642 80 55 00**

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

TEES BARRAGE  
ROPNER PARK  
PRESTON PARK  
THORNABY

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

**Live Well Dementia Hub  
Thornaby**





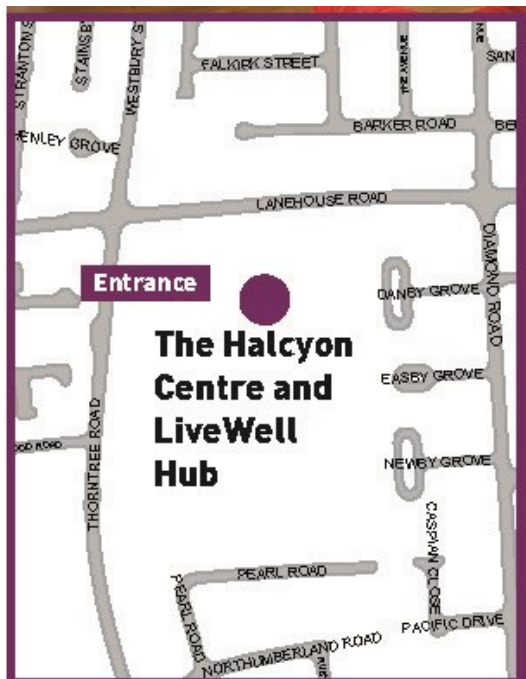
# Dementia Walking Group

Come and join our Dementia Walking Group; walkers meet at the Live Well Dementia Hub in Thornaby before embarking on one of 4 routes, that will rotate on a 4-weekly basis.

Routes will include:

- ⇒ **THE TEES BARRAGE**
- ⇒ **ROPNER PARK**
- ⇒ **PRESTON PARK**
- ⇒ **THORNABY AREA**

All are welcome to join the sessions and enjoy a walk at a relaxed pace followed by refreshments. If you would like to take part, please call today and speak to Anne or Louise on **01642 805500**.





## Food Donations

With the season of giving upon us, residents and staff of Westmoor View kicked things off with a generous donation of 2 food hampers. Anne Sykes went to collect the wonderful gifts from the care home in Marton and thank them for their thoughtful donations (below).



The hampers were then delivered to the Middlesbrough Neighbourhood Welfare team; dedicated volunteers who run their own homeless café on Princes Road. Susan Gill and her team help those in Middlesbrough who are in need, serving meals and drinks for free, to the homeless and those who are struggling.

Anne presented the hampers to Susan (below left), who then gave one of them to an older gentleman who recently became homeless (below right).





# DANCE THROUGH TIME

FROM THE 1930'S TO  
THE MUSIC OF TODAY

with



**ZUMBA**  
WITH GLYN

ZUMBATHON



**2019  
MARCH  
SUNDAY**

**17**

**11.00AM - 1.00PM**

**£10.00** for 2 hours **£7.00** for 1 hour

**AT HIGH GRANGE COMMUNITY CENTRE  
CASSON WAY BILLINGHAM TS23 3TX**

To sign up visit [www.ageuk.org.uk/teesside](http://www.ageuk.org.uk/teesside)  
email [laura.wedgwood@ageukteesside.org.uk](mailto:laura.wedgwood@ageukteesside.org.uk)  
or call **07921 464126**

 **Teesside  
ageUK**  
Love later life





# Friendship Friday



Enjoy a Quiz, Raffle and Prize Bingo!

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

Fish n Chip lunch £4.60 or bring a packed lunch.

11.15am – 2.30pm

£2.00 Admission (includes refreshments)

**Do you live in Teesside? Want to be more socially active? Join our Friendship Friday group!**

At St Cuthbert's Church Hall  
Stokesley Rd  
Marton  
Middlesbrough TS7 8JU

For more information please call

**01642 433 723**

email [tina.bonner@ageukteesside.org.uk](mailto:tina.bonner@ageukteesside.org.uk)

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

Age UK Teesside is a charitable company limited by guarantee and registered in England and Wales  
Registered Charity Number: 702714  
Company Number: 2152353  
190 Borough Road Middlesbrough TS1 2EH







# 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 433 723**

**Gill 01642 433 728**



Registered Charity Number: 702714

# 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

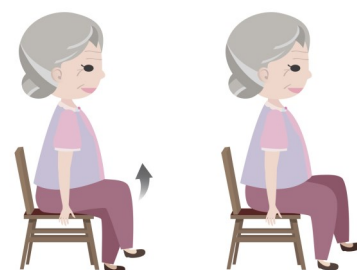
Chair exercise is a fun seated workout for people living with dementia, including a vast range of gentle exercises without leaving your chair. Join in and reap the physical benefits all whilst having fun with friends and reminiscing about past times.

**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**

**Bishopton 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**

**Marton**

**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 433723 / Mobile 07834 181188**

**or reception 01642 805500**

# Better Health Better Wealth: Group Timetable

## Try-It-Tuesday

**Tuesdays, 1pm-3pm.**

Live Well Hub, Thorntree Road, Thornaby.

**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**     *Billingham Buddies' last session will be November 29th 2018.*

**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.***





# ≡ calling all knitters ≡



## the Big Knit is back

send your hats to:

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

the innocent  
**big knit**

Age UK  
Love later life

Age UK is a registered charity (number 1128267)



# post box hat

intermediate pattern by Juliet Bernard



**Yarn:** Red, white and black

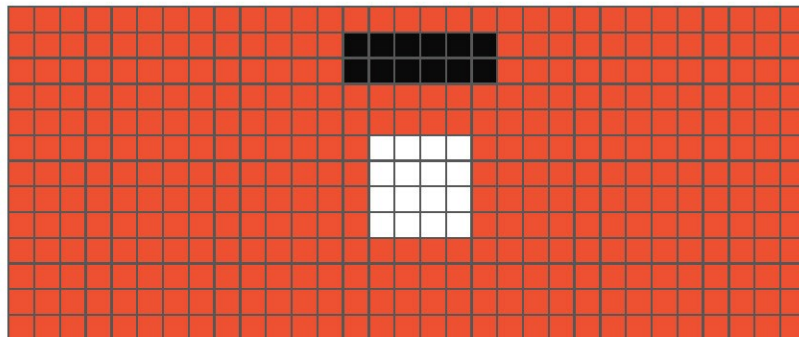
**Needles:** 4mm

## Hat

Cast on 31 sts in black

Knit 2 rows (garter st)

Change to red.



Now work from chart in stocking stitch until row 13 has been finished

Continue in red

Next row (ws): knit all sts

Next row: k1, \*k2tog, k3, repeat from \* to the end of the round (25sts)

Next row: purl all sts.

Next row: k1 \*k2tog, k2, repeat from \* to the end of the round (19sts)

Next row: purl all sts.

Next row: k1 \*k2tog, k1, repeat from \* to the end of the round (13sts)

Next row: purl all sts.

Next row: k1, \*k2tog, repeat from \* to the end of the round (7sts)

Cut the yarn leaving approx 10cm length. Thread this through a sewing needle and bring through stitches and pull up to tighten.

## Making up

Use a sewing needle to join side seams.



Age UK Teesside are once again taking part in the Big Knit Campaign. This year's target is 2,000 hats and we welcome all participants of all knitting experience to help us raise money to battle loneliness amongst older people across Teesside.

You can use the knitting pattern we have provided or go online to [thebigknit.co.uk](http://thebigknit.co.uk) for further inspiration.





# lion hat

advanced pattern by Juliet Bernard

For more information, wool or to  
donate hats, please call Tina on:

**01642 433 723**

**Yarn:** Yellow DK with some brown for the mane and black for the face

**Needles:** 4mm

## Hat

Cast on 31 sts in yellow

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)

Cut the yarn leaving approx 10cm length. Thread this through a sewing needle and bring through stitches and pull up to tighten.

## Head

Cast on 12 sts

Row 1: \*k1,kfb repeat from \* to the end of the row (18sts)

Row 2: \*p2, pfb repeat from \* to the end of the row (24sts)

Row 3: repeat row 1 (36sts)

Beginning with a purl row continue in st st for 13 rows.

Row 17: \*k1, k2tog repeat from \* to the end of the row (24sts)

Row 18: \*p2, p2tog repeat from \* to the end of the row (18sts)

Row 19: repeat row 17 (12sts)

Row 20: k2tog across all sts (6sts)

Cut the yarn leaving approx 10cm length. Thread this through a sewing needle and bring through stitches and pull up to tighten.

## Making up

Sew the head up stuffing with fibre as you go.

Embroider the face and the mane.

Sew up the hat and sew on the head



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

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

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

Abbreviations: St(s) - stitch(es) | st st - stocking stitch | k2tog - knit two together | p2tog - purl two together  
kfb - knit into the front and back of the same st | pfb - purl into the front and back of the same st



# Middlesbrough Befriending Service



*Funded by Middlesbrough Council, the Community Connect service is led by MVDA in partnership with Carers Together and Middlesbrough CAB.*

*The service supports local people to access community-based services and activities, helping to prevent, postpone and delay the need for formal care. Delivered by a small integrated team of Community Link Workers, this person-centred service helps people to remain independent for longer and maintain a good quality of life.*

*They spoke with Age UK Teesside about their Middlesbrough Befriending Service and here's what Befriending Services Manager, Paula Taylor, had to say:*

“Following in the footsteps and the successful delivery of Befriending services in Redcar and Cleveland, Hartlepool and Stockton, Age UK Teesside now offers a service in Middlesbrough. The commissioned pilot, in partnership with Middlesbrough Council, aims to deliver a specific Older People Befriending Service, targeted at people aged 65+ who are living alone, are lonely/socially isolated, have no/limited 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 new in Middlesbrough, it has already received a healthy number of referrals and has recruited volunteers who are starting to support some of the most in need in the area.

Work on establishing the service and reaching out in communities is being developed and it is expected that in the first year that numbers will be realistic with a steady increase once initial community development work has been done.

Working alongside and with, other relevant organisations the Service has been able to signpost and support individuals who may benefit from engaging in community groups or accessing more appropriate services. Although some referrals have not been appropriate for the current service, client feedback has been positive and encouraging.

Recruitment of suitable volunteers remains a challenge but with manageable targets and the support of the wider voluntary sector we are confident that the

Service will gather momentum and be able to further reach those who are the most in need in our community.”



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

**Paula Taylor on 01642 433 725**

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



# Hartlepool Befriending Network



The Hartlepool Befriending Network (funded by Hartlepool Borough Council) continues to provide a valuable service to the most lonely and isolated in the town.

Offering residents the opportunity to have a 'Befriender Volunteer' to visit and have a chat over a cuppa, help with small daily living tasks, or introduce them to community groups & activities. The service has proven invaluable to those who use it.

If there is something you miss doing or something you would like to see take place in Hartlepool, please give Pam a call on **07808 306 184** or email: [Pam.cairns@ageukteeside.org.uk](mailto:Pam.cairns@ageukteeside.org.uk), all ideas are welcome.



## Hartlepool Befriending Network

**Volunteering opportunities available now!**

**Interested in befriending individuals aged 65+ living within the Hartlepool Borough area?**

**As a volunteer you will:**

- Offer friendship and a listening ear
- Have a friendly chat over a cup of tea or coffee
- Assist with small daily living tasks
- Accompany clients on short walks, outings or to local social groups

For more information contact:

**Pam Cairns, Befriending Co-ordinator**

**Tel: 07808 306184**



# FESTIVE LUNCH STOCKTON

**Are you over 50 years old?**

**Facing a lonely Christmas?**

**Want to spend time with others like you?**

Join us for a festive lunch this December, with good company and new friends, there'll be fun and food hosted by the Age UK Teesside team.

**Robert Atkinson Centre**

**Thorn tree Road, Thornaby, Stockton, TS17 8AP**

**Friday 21st December 2018**

**12.00pm—2.00pm**

**FREE EVENT**



**01642 80 55 00**

**Spaces Limited—Call Today to Book**



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



# FESTIVE LUNCH MIDDLESBROUGH

**Are you over 50 years old?**

**Facing a lonely Christmas?**

**Want to spend time with others like you?**

Join us for a festive lunch this December, with good company and new friends, there'll be fun and food

hosted by the Age UK Teesside team.

## Trinity Centre

The Market Place, North Ormesby, TS3 6LD

**Wednesday 19th December 2018**

**12.00pm—2.00pm**

**FREE EVENT**

**01642 80 55 00**

**Spaces Limited—Call Today to Book**







# FESTIVE LUNCH HARTLEPOOL

Are you over 50 years old?

Facing a lonely Christmas?

Want to spend time with others like you?

Join us for a festive lunch this December, with good company and new friends, there'll be fun and food hosted by the Age UK Teesside team.

**St Matthew's Community Centre, Elwick Road, TS25 9SF**

**Thursday 20th December 2018**

**12.00pm—2.00pm**

**FREE EVENT**

**01642 80 55 00**

**Spaces Limited—Call Today to Book**



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



# FESTIVE LUNCH REDCAR

**Are you over 50 years old?**

**Facing a lonely Christmas?**

**Want to spend time with others like you?**

Join us for a festive lunch this December, with good company and new friends, there'll be fun and food hosted by the Age UK Teesside team.

**Redcar Literary Institute, Lord Street, Redcar TS10 3EN**

**Monday 17th December 2018**

**12.00pm—2.00pm**

**FREE EVENT**

**01642 80 55 00**

**Spaces Limited—Call Today to Book**



# Community Hub Advice Service



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



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



# WALK AGAINST LONELINESS

Together we can help reduce loneliness & isolation in Teesside



**2019**  
**MARCH**  
**SUNDAY**  
**10**

5k sponsored family walk around  
Stockton Riverside £5.00 entry plus sponsorship

**AT THE RIVER TEES WATERSPORTS CENTRE - 11:00AM**

The Slipway North Shore Stockton-on-Tees TS18 2NL

To sign up visit [www.ageuk.org.uk/teesside](http://www.ageuk.org.uk/teesside)  
email [laura.wedgwood@ageukteesside.org.uk](mailto:laura.wedgwood@ageukteesside.org.uk)  
or call **07921 464126**

 **Teesside**  
**ageUK**  
Love later life



Registered Charity No: 702714



Good to know! Useful Contacts in Teesside!

**Age UK Teesside** 01642 805500

**Age UK Factsheets** (All services) 0800 009966 -Freephone

**Age UK Legal Services** (Will Making) 0845 6851078

**Adult social services** (Middlesbrough) 01642 726004

**Staying Put Agency** (Middlesbrough) 0800 5875184

**Community Warden** (Middlesbrough) 01642 228500

**Welfare Benefits – Financial Inclusion Group & Age UK In Partnership:**

*Grove Hill community hub – Tel 01642 278444*

*Thorntree community hub – Tel 01642 246827*

*North-Ormesby community hub – Tel 01642 726190*

*Hemlington Library – Tel 01642 591918*

*Newport Settlement community hub – Tel 01642 802892*

**Health watch** (Need a new GP or Dentist?) 0808 172 9559 -Freephone

**Talking Matters** (Mental Health services) 0300 3305470 -Freephone

**EVA** (Women's aid and Rape Crisis) 01642 490677

**Cleveland Fire Brigade** (Free Home Fire-Safety Visit) 01429 874063

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***Thank you for supporting***

***Age UK Teesside***

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

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

***Middlesbrough,***

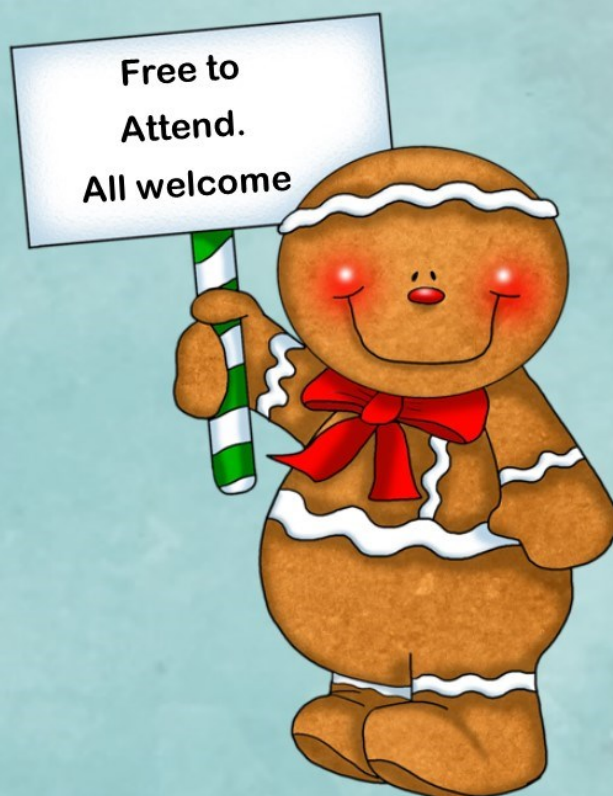
***TS3 7SF***

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

***01642 80 55 00***

# Age UK Teesside Annual Carol Service

Trinity Centre  
North Ormesby  
Middlesbrough  
TS3 6LD



Thursday 13th December 2018

From 11.00am

**Tel: 01642 80 55 00**

For More Information