



OCTOBER 2017 NEWSLETTER

The season for celebrating has begun. From scary treats to the festive get-togethers and everything in between, it's going to be a busy end of the year for all of us.

Read on for updates and stories from this month's events; the AGM; Afternoon Tea; Music in Hospitals and much more...

SPONSORED SKYDIVE!

This Sunday, October 29th, 32 brave volunteers will be skydiving at the Peterlee Parachute Centre for Age UK Teesside. After months of fund-raising and preparing, they have less than 1 week to go.

First to take the leap will be Chief Executive Anne Sykes who will be enjoying the pre-Halloween treat of free-falling for almost a whole minute during her 15,000ft journey to the ground.



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Hartlepool Befriending Network!

The Hartlepool Befriending Network is funded by Hartlepool Council and provides a range of support to individuals aged 65 and over who are socially isolated and who struggle to access social groups on their own.

Under the scheme, which is free and provided by Age UK Teesside, a volunteer member from the befriending network can visit an older person in their home, have a friendly chat over a cup of tea and even accompany clients on short walks, outings or to local social groups.

Call Ross Newton on **07921464114** or Apply Online:

- 1) Go to www.ageukteesside.org.uk and download a volunteer application form.
- 2) Email your application to Ross.newton@ageukteesside.org.uk or post them to 190 Borough Road, Middlesbrough, TS1 2EH.

Applicants must be 18+



Annual General Meeting 2017

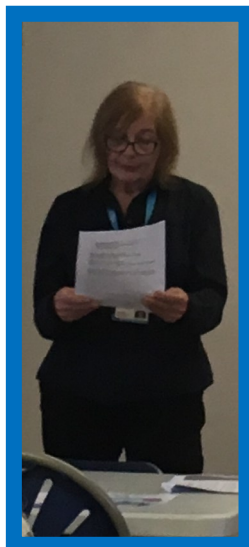
To all those who attended our AGM this year, we would like to thank you for coming along to hear all about what we do for older people in Teesside. We had some wonderful speakers, presentations and stories told, including staff and special guest, Councillor Sue Jeffrey (right), as well as discussing plans for the future.



Chief Executive Anne also made a special presentation to Dorothy Rose in recognition of all that she has accomplished and her awards this year.

Staff speakers included, from left to right:

Marc Thompson (Trading), Graham Lindsey and Sue Danes (Benefit Advice), Fiona Baker (Better Health Better Wealth) and Ross Newton (Redcar & Hartlepool Befriending).



North East Charity Awards

This year's North East Charity Awards ceremony was held at the Boiler Shop in Newcastle, where everyone had a fantastic evening and the wonderful Dorothy Rose received her third award of the year for her contributions to Age UK Teesside;

Champion Volunteer of the Year!

Dorothy and her family spent the evening with Anne and Louise (of the Age UK Teesside team) and enjoyed a lovely meal along with another well-deserved win for a lifetime of achievements.



Music in Hospitals



Music in Hospitals returned October 18th for another fantastic event that was enjoyed by all who took part. Held in the Livewell Dementia Hub in Thornaby, the event was made possible thanks to the generosity of Stockton-on-Tees Borough Council.

The Christine Rosemond Duo played, Christine sang and Alan accompanied her on the guitar. They sang a mixture of songs catering to all tastes, the audience sang and clapped along to a lot of the songs. The musicians engaged well with the audience encouraging conversation, reminiscing and making them laugh.

All of the comments received were very positive ...

As a result of this event one lucky attendee made 2 new friends who she has already planned to spend more time with in the future by attending a group with them.





“ I am an ex-musician and would like to say that I thought the guitarist was excellent and so talented and the singer had a lovely voice”.

“ I had a wonderful time and can’t wait for the next one”

“ I really enjoyed the music it was very entertaining”.

“ The band played pop songs which were from our young era , bringing back lovely memories.”



“ We would like to say a really big thankyou to Music in Hospitals & Care, Stockton Borough Council and Age UK (Teesside) for organising this fantastic event.”

“ Can’t wait for the next session – put us down for 2 places.”

“ My husband suffers from dementia and therefore there are not a lot of events we can go to together. He really enjoyed the event singing along and clapping his hands . Groups like this are a “life saver”.



Phoenix Afternoon Tea



The launch of Phoenix's new event was held October 4th to celebrate Older Person's Week 2017 and this year's Silver Sunday. Afternoon Tea was enjoyed by all and we received a great deal of support from all of our volunteers. The tombola was filled with wonderful prizes and all who took part

helped to raise a whopping **£70** for Age UK Teesside!

Santander kindly donated all of the teapots and crockery used on the day and staff volunteered their time to help make the event a

success—A big **Thank You** to Santander for your continuous support.



Sending a special thank you to our volunteer Sheila for helping out on the day and for all that she does for Phoenix and Age UK Teesside.



SILVER SUNDAY
CELEBRATING OLDER PEOPLE



Thank you

for supporting Silver Sunday 2017!



This year there were more than 700 events & activities held nationwide to honour older people!





Phoenix 2017

Mondays

Carpet Bowls

Fun, Social, Group (Bring a packed lunch)

10.30am – 2.00pm

Tuesdays

Lunch n Social

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

Light lunch plus refreshments provided.

£3.00 per session (catering) Or bring a packed lunch.

11.30am – 2.30pm

Booking essential contact Tina for details.

Podiatry Service Contact Tina for details and ap-
pointments.

Wednesday

Chair Exercise & Reminiscence Activities

12 noon – 1pm

Chair exercise is a fun seated workout for people liv-
ing 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.

Thursdays

Craft sessions – Knitting, Embroidery, Card -making,

Crochet – or bring along your own craft/idea?

10am – 12noon

Contact Tina

Fridays

Friendship Friday

Enjoy a Quiz, Raffle and a game of Bingo!

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

Fish n Chip lunch (£4.30) or bring a packed lunch.

10.30am – 2.30pm

Booking essential contact Tina

Saturday

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 on 01642 803328 or reception on 01642 805500
for further details regarding Phoenix activities***

Community Hub Advice Service



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

BETTER HEALTH BETTER WEALTH!

Groups!

Lunch 'N' Social is held on the **last Friday** of every month, **11am-1pm**.

At Newtown Community Resource Centre

Sessions are £1 including light lunch

Billingham Buddies is still held every **Thursday 1.30 – 3.30pm**

At East Avenue Community Centre

Sessions are £2 per week with no charge for carers.

Thornaby Sociable Club is also running every

Wednesday from 10.30 till 12.00pm

At the Live Well Hub, Thorntree Road, Thornaby.

Sessions are free.

All are social groups for people aged 65+, include light refreshments, social interaction, lively activities and a chat with new friends.

***NEW Zumba Gold Class** is every **Monday from 2.00pm -3.00pm**

At South Thornaby Resource Centre, Havilland Road, TS17 9NG .

Classes are £3.00 per session.



**Phone Age UK Teesside BHBW Team on 01642 805500
to book your place for any of our events/groups.**

AGE UK'S WEEKLY LOTTERY!

For just £1 per entry you will receive a unique draw number for each weekly entry and each week, a random number generator will select 500 numbers. The first number drawn will win the first prize of £2,000 then £250 for second prize, £150 for third, £100 for fourth and £50 for fifth, plus 995 runners up prize of £10 each.

Plus, our quarterly 'Super-Draw'
where you could win a whopping £25,000!

**If you would like us to send you an application form,
please contact Age UK Teesside on 01642 805500**



The banner features a blue background with several colorful lottery balls (pink, green, yellow) and stars. The text is white and yellow, providing details about the lottery prizes and how to play.

**Don't miss your chance to win
£25,000 every quarter
and £2,000 every week**

Play the Age UK Weekly Lottery today!

Enter now by visiting www.ageuk.org.uk/lotto

Only £1 per entry

Age UK
Love later life

Numbers on balls: 15, 38, 11, 5

Fundraising & Events!

Are you brave enough to take on a challenge for charity? Some daring activity you've always wanted to try? Push yourself and achieve your goals, all while raising money for older people in your local community. If you don't see an event or challenge here but have one in mind, please get in touch with Laura and let us help you live your dreams!

Call 01642 803326 or email laura.wedgwood@ageukteeside.org.uk

Skydive/Tandem Parachute Jump!

Have you ever wanted to Skydive?

Take to the skies at 10,000ft, or, for the daredevils amongst you—ramp it up to 15,000ft!

Entry costs just £35 plus £225 minimum sponsorship for 10,000ft or £325 for 15,000ft!

OCTOBER 2017



Bungee Jump—Do you dare take on the challenge?

Climb 210 steps to the top of the Transporter Bridge, Middlesbrough and JUMP! Enjoy the 160ft fall as you complete this daring feat!

Only £20 entry and £100 minimum sponsorship

SUNDAY 5TH NOVEMBER 2017

York Christmas Festival Bus Trip—a day out to York's Festive Market. Come enjoy the sights and partake in a little Christmas shopping. York Christmas Festival Bus Trip—a day out to York's Festive Market. Come enjoy the sights and partake in a little Christmas shopping; bus departs from our Borough Road office.

£15 Per Person

SATURDAY 25TH NOVEMBER 2017





Santa's on the Bridge—Abseil 165ft from the Transporter Bridge dressed as Santa for this Festive challenge.

£15 Entry Fee & £60 Minimum Sponsorship

(Santa suit included in entry fee)

SUNDAY 10TH DECEMBER 2017

History Wardrobe presents **Bad Girls & Bonnets**
Ladies Lunch: Jane Austen's guide to being brazen

A bold, brash and beautiful celebration of Austen's wicked women, and a truly revelatory look at clothes & crime in the eighteenth century – an era when stocking-theft or silk smuggling carried serious consequences. With fabulous original costume items, criminal history and readings from the outrageous Miss Austen herself. Includes a 2-course lunch.

£22 Per Person

20TH APRIL 2018 12-NOON, WORSALL VILLAGE HALL



**Full of Life
Fair 2018**

This year's **Full of Life Fair** saw our first attempt at breaking the Largest Waltz World Record in Saltburn. Next year we will be holding the fair in Redcar; will we attempt another record?—watch this space.

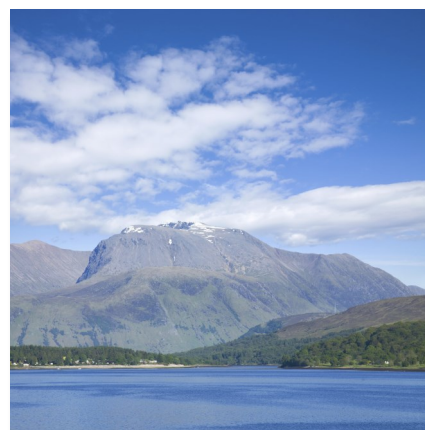
JULY 2018

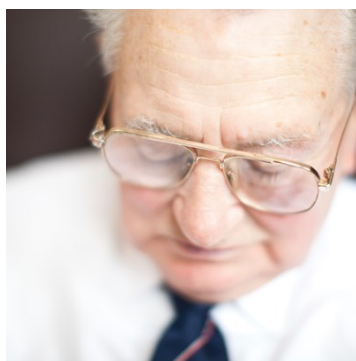
The 3 Peaks Challenge—Need a bigger challenge to sink your teeth into, this is it! Full information regarding the extreme, 3-day trek is available online.

Registration Fee £75

Minimum Sponsorship £760

7TH-9TH SEPTEMBER 2018





Alliance Psychological Services

Senior Therapy Service

Everyone experiences low mood, feeling worried or anxious at times, but if you let these feelings build up or become stressed out, it can have a serious impact on your physical and mental health.

Depression in later life, especially over the age of 65, is often dismissed as a normal part of ageing. However, this isn't the case and talking therapy can improve your enjoyment of life if you're feeling low.

We can help with:

- ♦ Anxiety
- ♦ Friend/Family relationships
- ♦ Adjusting to health conditions
 - ♦ Care-giving/Cared-for
 - ♦ Bereavement

And much more

For a confidential appointment

please telephone

01642 35 27 47

Select Option 1

Or email seniors@alliancepsychology.com





Here to help

EPILEPSY OUTLOOK

Stockton-on-Tees Service

Epilepsy Outlook offer practical support to those living with epilepsy or newly diagnosed. We offer help and advice to families and carers of people living with epilepsy.

This can be a stressful time and can lead to people feeling isolated and depressed, so having someone to talk to can help with getting back some normality in their lives.

Issues around safety at home or whilst out and about and what to do during a seizure can be discussed with family members who feel anxious, seeing a loved one having a seizure can be quite frightening.

Please contact Elaine on 07505541706 for a chat or to arrange the appointment

Email:-elaine.bartholomew@epilepsyoutlook.org.uk for further information.

We also offer free Epilepsy Awareness Training to organisations in Stockton.

The sessions provide information and advice on:-

- how to support people with epilepsy
- understanding the range of seizures
- how best to help someone having a seizure



The session lasts two and half hours and can be delivered at a venue of your choice.

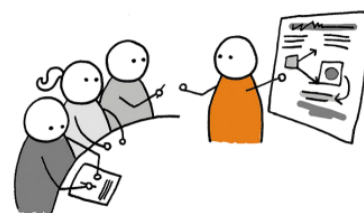
Epilepsy Outlook has been providing Advice and Information to people with epilepsy in Hartlepool since 1987.

For further information please contact Jacqui or Andrew on 01429 297007

Central Office:- 79 Park Road, Hartlepool TS24 7PW

Phone: 01429 297007 email: info@epilepsyoutlook.org.uk

Visit our website www.epilepsyoutlook.org.uk





Stay Safe & Warm!

You don't have to be cold this winter



Struggling to stay warm in your home?

Inadequate heating? Can't afford to have your heating on? Boiler broken down?

We can help by providing advice and:

· Portable heaters · Thermal blankets · Torches · Wind-up lanterns · Flasks

Stay Safe & Warm is available to anyone in need. It's free and there's no means testing or age restrictions.



If you or someone you know could benefit from this service, please contact a member of our team on **01429 874063**.

Stay Safe & Warm in your home!

The Stay Safe & Warm campaign was launched in November 2008, to help residents struggling to afford to heat their homes, particularly during the colder months.

Cleveland Fire Brigade works with a number of partners to:

- raise the awareness of dangers faced by people who struggle to keep warm
- highlight the support and help available to them

Who is eligible?

There is **no criteria** other than you or someone you know is at risk of the effects of cold, either long or short term.

For instance, if a boiler breaks down and parts are on order or when a heating system has been condemned and the resident is unable to pay for replacement or repairs.

Some people simply cannot afford to have the heating on or their existing heating supply is inadequate and fails to heat their property.

Our recipients range from 16 years old to 94.



@ClevelandFB



/ClevelandFB

www.clevelandfire.gov.uk/warm

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 Teesside 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

HealthWatch (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

Dorothy Rose House, 190 Borough Road, Middlesbrough, TS1 2EH

www.ageukteesside.org.uk

01642 80 55 00

