

# AGE UK TEESSIDE

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MONTHLY NEWSLETTER - SEPTEMBER 2019

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## Be Prepared for the Winter Chill

Working with

**e-on**



Getting ready for the cold weather – which can start as early as October – means that you're more likely to keep warm and well.

Age UK and E-On are offering free Home Energy Checks to keep you warm while saving you money.

If you're 65+ and living in Teesside you can receive free home energy advice to ensure a happy, healthy Winter.

Most of us spend a lot of time indoors in winter, so it's important you are comfortable and safe there. It's essential to keep your home warm. Low temperatures increase the risk of flu and other breathing problems and can raise blood pressure. When you're older, your blood pressure takes longer to return to normal once you're cold, increasing the risk of heart attacks and strokes. The colder your home, the higher the risk to your health.

Call **01642 80 55 00** today to book your Home Energy Check and our experienced Handyman will carry out an assessment; we have appointments for Middlesbrough, Stockton-on-Tees, Hartlepool and Redcar and Cleveland.

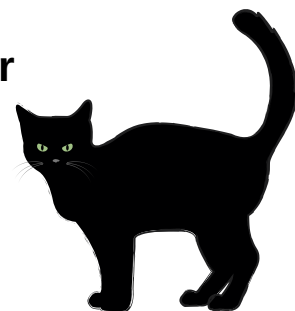
# Job Vacancy

Post: **Rekindle Project Co-ordinator/Digital Inclusion Advisor**

Hours: 15

Location: Middlesbrough

Responsible to: Befriending Services Manager



## Job Purpose

The successful candidate will improve access and people's ability to actually go online and be connected to the internet. They will support by upskilling each individual to be able to use the internet and in empowering them by showing how being online can be very beneficial and potentially life changing. They will also complete surveys and gather data to help evaluate the projects impact on each individual.


## Job Description

- To provide assisted digital support to upskill clients on a 1:1 and group basis improving access to a variety of online services and information.
- To complete surveys and gather data to help evaluate the projects impact on each individual.
- To promote the Rekindled Project to older people across Middlesbrough and to raise awareness with relevant organisations and across social media.
- To setup and administer a digital inclusion peer support group.
- To facilitate a skills exchange between young people and their elders through a reverse mentoring pilot.
- To develop an online hub of key information designed to support clients to access information, support and services.
- To monitor and evaluate the success of the project and prepare reports for colleagues and stakeholders
- Be aware of Health and Safety issues
- Comply with GDPR

**For full details/to apply, please visit:**

[www.ageuk.org.uk/teesside/get-involved/work-for-us/digital-inclusion-vacancy/](http://www.ageuk.org.uk/teesside/get-involved/work-for-us/digital-inclusion-vacancy/)

**To request an application form please call 01642 80 55 00  
or email [Anne.Sykes@ageukteesside.org.uk](mailto:Anne.Sykes@ageukteesside.org.uk)**



Join Age UK  
and Cadbury  
to Fight  
Loneliness

**30p from every  
promotional bar  
goes to Age UK**

There's a glass & a half in everyone

There's a crisis in the UK:

- 1.4 million older people struggle with loneliness.
- 225,000 often go a whole week without speaking to anyone.

Cadbury are donating the words from their Cadbury Dairy Milk bars to help fund important services and support for older people.

Donate Your Words and check in on an older friend or relative today; say hello to a neighbour or become a volunteer and change an older person's life.



# Effects of Loneliness

In the UK, over 1 million older people say they always or often feel lonely; 49% of over 75's live alone, while 49% of over 65's say their main form of company comes from the television or pets.



- Loneliness can be as harmful for our health as smoking 15 cigarettes a day
- People with a high degree of loneliness are twice as likely to develop Alzheimer's as those with a low degree of loneliness

Health conditions or impairments can lead to limited social roles and a curtailment of independence, resulting in feelings of loneliness, which can result in further deterioration of health and wellbeing.

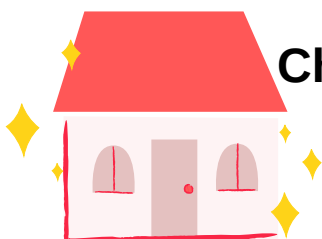
## How You Can Help

### Start a Conversation with an Older Person

It doesn't have to be much - just a quick chat about the weather or the football can brighten someone's day.

### Call an Older Relative

Pick up the phone and give your nan, your uncle or an older friend a ring! Even a 5 minute chat can make a difference.



### Check in on an Older Neighbour

Simply saying hello regularly can help older neighbours feel part of a caring community.





## Volunteer with Age UK Teesside

Volunteering Roles with Age UK  
Teesside:



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



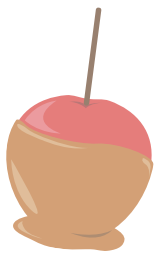
**Call 01642 80 55 00  
and start making a  
difference today**



October 2019  
7th Teesside Barrage  
14th Preston Park  
21st Stewart Park  
28th Norton

## Strollers & Stragglers

**Mondays 10:00 - 12:00**



A walking group for people with Dementia and their carers.\*

The session will include a local walk and refreshments in a social setting. If the weather is bad, please ring to confirm the walk is going ahead; all will be welcome to join this group.

Please contact Louise on

**07737 213 018 or 01642 80 55 00**

if you would like to attend.



\*The sessions are open to anyone in the Teesside area to attend.

# Phoenix Group Schedule 2019

## Mondays

Carpet Bowls  
Fun, Social, Group (Bring a packed lunch)  
10.30am – 2.00pm  
£1.00 per session

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

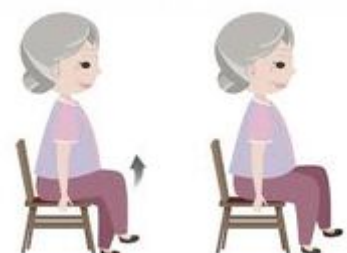
North Ormesby Community Hub  
Derwent Street,  
North Ormesby  
Middlesbrough TS3 6JB  
Podiatry Service Contact Tina for details and appointments.



## 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.

Grove Hill Community Hub  
Bishopton Rd  
Grove Hill  
Middlesbrough TS4 2RP







# Phoenix Crafts

## Including:

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

The Phoenix arts & crafts group  
will be returning Thursday 26th  
September at the Grove Hill  
Community Hub.

**Thursdays**

**10 am - 12 Noon**

**Grove Hill**

**Community Hub**

Call 01642 805500  
and Speak to Tina





## Friendship Friday

### Friendship Friday:

11 October  
25 October  
8 November  
22 November  
6 December  
20th December

### Fridays

(every 2 weeks—see schedule)

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

St Cuthbert's Church Hall

Stokesley Rd

Marton

Middlesbrough TS7 8JU

Walking Group

(every 2 weeks - see schedule)

Walkers are required to meet up in the car park by 10.30

### Phoenix Walks:

4th October  
18th October

Stewart Park

The Grove

Marton-in-Cleveland

Middlesbrough

TS7 8AR

### Saturday morning & Monday evening

Zumba Gold

A class for all abilities

1st 6 sessions free for 50 +

Contact Glyn for times and venue Tel .07512 661895.

Contact Tina on 01642 433723/07834 181188

or Reception 01642 805500



# 80'S ZUMBATHON



**Sunday 20th October 2019**

**11:00am - 1:00pm**

High Grange Community Centre,  
Casson Way, Billingham, TS23 3TX

11:00 - 12:00 Zumba Gold

12:00 - 1:00 Zumba Fitness

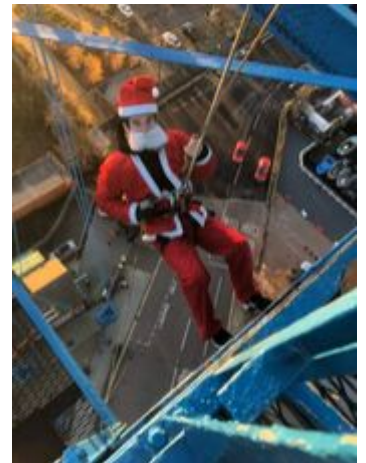
**Join us for this  
fantastic 80's  
themed  
Zumbathon!**

Sponsorship optional but very much appreciated

## **Santas On the Bridge**

**Sunday 8th December 2019**

Make Christmas 2019 one to remember and face the ultimate challenge; abseil from the top of Middlesbrough Transporter Bridge and enjoy the 160ft journey to the bottom.



Entry Fee is only £15 and we ask that you raise a minimum of £60 sponsorship. Santa Suit is included in the entry fee.

For more information please call Laura on  
01642 433 727 or email  
[laura.wedgwood@ageukteesside.org.uk](mailto:laura.wedgwood@ageukteesside.org.uk)



# Meet the New Redcar Team

**Sandra Blades**

**Befriending Coordinator Redcar & Cleveland**

**Tel: 07921 464114**

**Email: [Sandra.blades@ageukteesside.org.uk](mailto:Sandra.blades@ageukteesside.org.uk)**



I joined Age UK Teesside in September after a twelve year career as a nurse in the care home setting. I have also worked as a Rapid Response nurse in the community with Marie Curie. In my new role within Age UK Teesside as Befriending Coordinator for the Redcar and Cleveland area, I'm looking forward to taking the befriending service forward through further development of the services offered by Age UK Teesside and

engaging with partners across the multi-agency arena. I am also looking forward to working with the volunteers in the Age UK Teesside family, building on their experiences so far and connecting with local communities in the Redcar and Cleveland area.

**Marie Kerr**

**Time Out Coordinator Redcar & Cleveland**

**Tel: 07834 181190**

**Email: [marie.kerr@ageukteesside.org.uk](mailto:marie.kerr@ageukteesside.org.uk)**



I joined Age UK Teesside in May, having worked in partnership with the team in my previous role as the manager of the Stockton Welfare Advice Network. I have worked for Citizens Advice Bureau for 25 years. My last 3 years were based within Stockton Borough Council's Multidisciplinary Service. The team consisted of various

professionals including social workers, physiotherapists and occupational therapists whose aim was to work together to prevent re-admissions to hospital for those aged 65 and over and promote independence. I am very passionate about the Time Out service having been a carer for my mum who was diagnosed with vascular dementia. I appreciate that many carers do not get time to themselves and so I will be working hard to improve the lives of many carers in the Redcar area



# Redcar Team; Shopping with Sainsbury's

Being able to shop for food is an important aspect of staying well and independent as we age. It is also a chance to get out and about.

However, 19 per cent of people aged 65 and over report that they have a longstanding illness that prevents them from shopping or makes it difficult for them\*.

Shopping services allow older people to remain living in their own homes without depending on friends or family to do their food shopping for them. This is particularly important for those living in rural areas. Feelings of loneliness and isolation are reduced by having regular contact with an Age UK Teesside volunteer and staff at their local shopping store.



Sainsbury's Marske, kindly invited Age UK Teesside to be part of their 150 years Celebration Tea Party in August. They invited us back to their store to learn more about what they could do to make their customers shopping experience even better.

Marie Kerr, Time Out Coordinator and Sandra Blades, Befriending Coordinator, gave an awareness session to some of the staff, including the manager, demonstrating how difficult it is for some of their older customers to shop.



The staff were given different pieces of a weighted Falls Suit to wear, simulating different health conditions which cause barriers whilst shopping. A heavy suit was worn with a neck brace to show how hard it was for customers who had wear and tear of the spine or a stooped posture. Staff felt how difficult it was for these customers to turn around easily or look up to high shelves.

The Manager, Andrew (pictured), applied the ankle weights to experience how water retention (usually caused by heart failure) makes customers legs feel like lead. By making him put on trousers over the equipment, Andrew appreciated the struggle some customers have



even getting ready to come to the store and why it is important to have a seating area for those customers to rest in store. All the staff tried on gloves which send an electrical impulse to your hands causing involuntary movement, simulating Parkinson's as well as the numerous glasses which demonstrate the vision of those with common sight conditions including glaucoma and macular degeneration.

All the staff commented on how much their understanding of the restrictions caused by health conditions, can effect a customer's ability to shop.

More partnership work is afoot with the Sainsbury's team, connecting them to our Silver Surfers project which takes place across the road in Marske Library (Fridays 10.30am until 12.00pm).

By working closely together, we hope that those struggling to top up their phones, or those wanting to use the Sainsbury's Points App, will get the right support to help them.



## 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](mailto:marie.kerr@ageukteesside.org.uk)

# Middlesbrough Befriending Service

Our befriending service is available to those people aged 65+, who live alone and have little or no family support. A team member can visit you to talk to you about the service and look to match you to a suitable trained volunteer. Once matched a volunteer can visit you in your home on a weekly basis and once a relationship is established the visits can include trips out, attending activities or just meeting for a coffee and a chat.

The Middlesbrough Befriending Service is currently supporting approximately 10 of our communities' most lonely individuals and we have a pool of well trained volunteers ready to support more people. Currently volunteers provide over 20 hours per week of befriending and have helped individuals to feel more connected and most importantly less lonely

If you or somebody you know would like to be referred to the service please call the Middlesbrough Befriending Service on

**01642 805 500.**

The service is free and confidential.

## MFC Match Buddies

**Calling All Season Ticket Holders!**

The MFC Match Buddies scheme aims to provide companionship and social interaction to older lonely people on match days.

**Call Paula on 01642 80 55 00**



# Better Health Better Wealth

Social groups, services activities in Stockton-on-Tees

## Try-It-Tuesday

Tuesdays, 1pm–3pm.

Thornaby Pavillion, Thornaby, Stockton-On-Tees.

## 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.

## Mid-Week Social

Wednesdays from 10.30am–12pm

Live Well Hub, Thorntree Road, Thornaby.

Sessions are 50p.

## Zumba Gold Class

Thursday from 1pm - 2.30pm

South Thornaby Resource Centre, Havilland Road, TS17 9NG

Classes are £3.00 per session.

## Billingham Buddies Social Group

Monday from 2pm–3pm

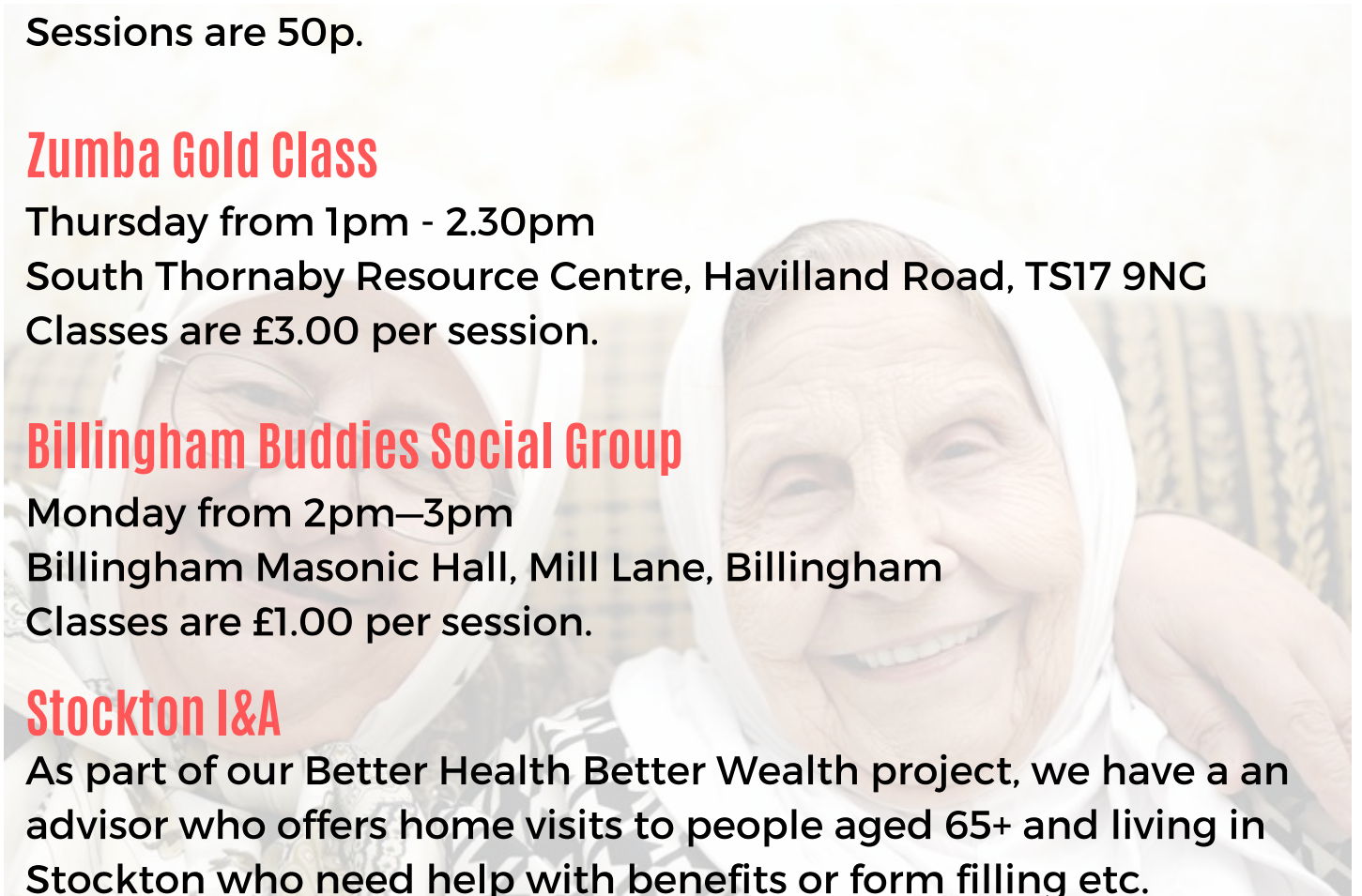
Billingham Masonic Hall, Mill Lane, Billingham

Classes are £1.00 per session.

## Stockton I&A

As part of our Better Health Better Wealth project, we have a an advisor who offers home visits to people aged 65+ and living in Stockton who need help with benefits or form filling etc.

Call 01642 80 55 00 to make an appointment .





The  
Henry Smith  
Charity

founded in 1628

# Welfare Benefits Advice

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

Our new Welfare Benefits Adviser  
Angela can assist Hartlepool  
residents with benefit queries and  
applications.

**We can offer free home visits for:**

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

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

**07921 464 127**

**[angela.brough@ageukteeside.org.uk](mailto:angela.brough@ageukteeside.org.uk)**



# Welcome Home Project

**Are you aged 55+ and live in Redcar & Cleveland?**

**Are you due to be discharged from hospital?**

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.

## The trained volunteer will:

- Visit the cared for in their own home
- Ensure the patient has the necessary basic needs upon discharge (eg fuel, food)
- Provide company and conversation
- Signpost the patient to any other appropriate services

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

**07921 464 125**

**[Paula.Taylor@ageukteesside.org.uk](mailto:Paula.Taylor@ageukteesside.org.uk)**

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

**01642 282496**

**Ex - 52496**





# 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](http://www.ageuk.org.uk/teesside)



 **Teesside  
ageUK**  
Love later life

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**

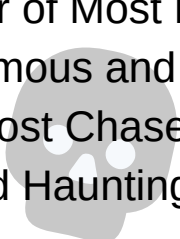


For tickets visit  
[www.ageuk.org.uk/teesside](http://www.ageuk.org.uk/teesside)



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



# 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)

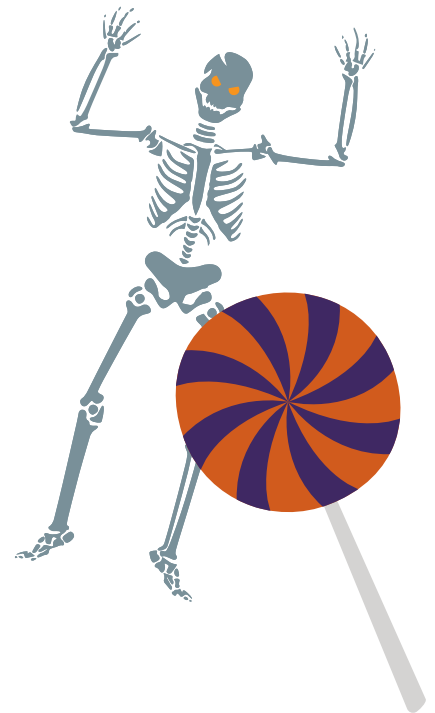
0300 3305470 -Freephone

## 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](http://www.ageuk.org.uk/teesside)

01642 80 55 00





### Can We Make Use of Your Old Money?

Shops stopped accepting the round £1 coins on 15th October 2017 and can no longer give them out as change.

But, 169 million old £1 coins have yet to be returned to the Royal Mint.

Are there any hiding down the back of your sofa?

If you have any old £1 coins that you'd consider donating to Age UK Teesside, we'd be very grateful to receive them and we'd put them to really good use in our work supporting older people.

You can drop them into our office at the TAD Centre.

*Contact Us today if you would like to donate your old coins:*

*Call: 01642 80 55 00*

*Email: [Enquiries@ageukteesside.org.uk](mailto:Enquiries@ageukteesside.org.uk)*



Teesside  
ageUK

## MONDAY MEETUP



1.30PM - 3.30PM

YARM FELLOWSHIP HALL, WEST STREET

Join our new social group, which will include chair-based exercises, games, quiz's & a chance to meet new people every week. Will include tea, coffee, cake/biscuits at £1 per person.

CALL GILL OR HELEN ON 01642 80 55 00

## FREE CRAFT SESSIONS

for the visually impaired & their carers



Would you would like to try creative crafts sessions which have been specially designed for you?

Contact Irene Poynter on  
01642 470 912  
[irenepoynter@icloud.com](mailto:irenepoynter@icloud.com)

These sessions are supported by:  
The Redcar & Cleveland Council Isolation Fund



CALLING ALL  
**DOGS!**  
BARK SUNDAY  
IN THE PARK 1 DEC 2019



To sign up please call:

**01642 443727**

**or**

**07921 464 126**

