

September 2017 Newsletter



September is here, Autumn is in full swing but the year is far from over; Halloween; Bonfire Night; Christmas and, finally, the New Year, await. There are plenty of celebrations still to come in 2017—Skydives & Bungee Jumps; Afternoon Tea; the AGM and all of our Yuletide Festivities.

Read on to learn more...

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, help with daily tasks and even accompany clients on short walks, outings or to local social groups.

Just one hour per week can make a very big difference to an older person's outlook on life and visibly improves their mental wellbeing.

Go to page 4 to meet some of our current Hartlepool Befrienders...



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The Annual General Meeting 2017!

Age UK Teesside's AGM 2016



Wednesday 18th October 2017

2.00pm - 4.00pm

**As always, our Annual General Meeting is open to the public
and we welcome all who wish to attend.**

This year we have the leader of Redcar & Cleveland Borough Council, Councillor Sue Jeffrey speaking, as well as presentations from our team to let you know what we offer at Age UK Teesside, including what we have accomplished this past year. If you have any questions or would just like to know more about what we do, please come along.

RSVP on 01642 805500

or by email to: haley.dye@ageukteesside.org.uk

Meet Sylvia & Mary

Sylvia has been visiting Mary as her befriender since November 2016 and Mary has benefited from regular visits and companionship from Sylvia during this period including shopping trips to Asda and Marks and Spencer.

Mary said she has greatly benefited from Sylvia's friendship saying that she was overjoyed when she first heard about the Hartlepool Befriending Network and matched up with a volunteer.



"I look forward to Sylvia visiting me each week and we really make the most of our time together and enjoy each other's company. It is great to have good chat over a cup of coffee and I really appreciate the chance get out and about again and do some shopping and socialising".

As Mary's befriender Sylvia commented that ***"Mary is such a joy to be around. She has a very good sense of humour and we always have a good giggle".***

Sylvia enjoys her role as a volunteer and welcomes the opportunity to be able to contribute to the Befriending Network and the wider community:

"The reason why we have the world we have today is because there were people before us, people who went through wars, people full of history, people who made the world we know. We should be thankful, respect them and take good care of them".

**Call Ross Newton on 07921464114 if you are
interested in becoming a Hartlepool Befriender**



Meet Adele & Ivy

Adele Taylor has been visiting Ivy Dobby as her befriender since January 2017.



Ivy commented on what a difference Adele's visits had made to her. She said that ***"It was the best thing that had had happened to her for a long time"*** and she ***"could not have wished for a better person"*** to visit her. She said that she enjoys Adele's company and greatly appreciates her weekly visits.

Adele, who began volunteering as a befriender in December 2016, said ***"I feel privileged to be part of such a worthy scheme. Being a befriending volunteer has proved very valuable and rewarding both to myself and the elderly people I visit. One of the ladies that I befriend said to me: I feel as though I am back in the community again."***

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

Applicants must be 18+

*Wednesday
4th
October
2017*



1.30pm - 4.00pm

***You are Invited to
Afternoon Tea with Phoenix:***

***A Celebration For
Older People's Week***

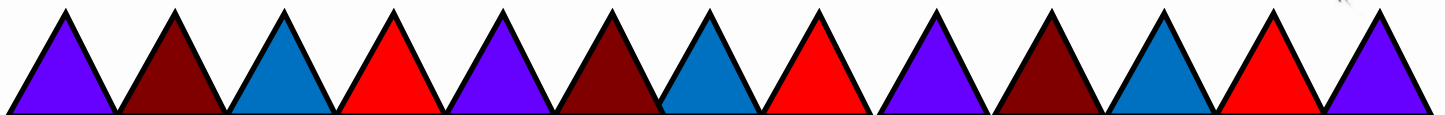
(1st—6th October 2017)



SILVER SUNDAY
CELEBRATING OLDER PEOPLE

SUNDAY 1st OCTOBER 2017

**Booking
is
Essential**



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 appointments.

Wednesday

Chair Exercise & Reminiscence Activities

12 noon – 1pm

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.

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***

Funding!



The ASDA Foundation

Once again we have received a generous donation from the ASDA Foundation for our services. Tanya Barry (pictured), who is a regular volunteer with the Phoenix Project Groups, presented a cheque for **£500** to CEO Anne Sykes.



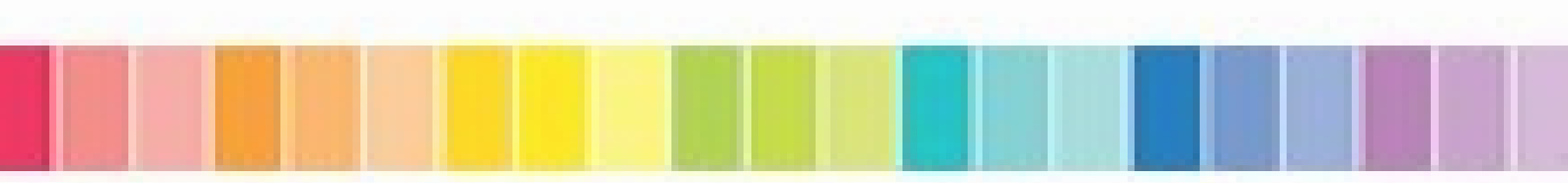
Middlesbrough & Teesside Philanthropic

Foundation

Thanks to all support of your support and votes for the Golden Giveaway, Age UK Teesside received **£1000** towards vital Winter Warmer packs. We came in 6th place. All the nominated charities were well-deserving of their votes and we are delighted to have been included.



Thank You!



How You Can Help!

Darlington

Building Society

Community Sharing

Darlington Building Society has reinforced its commitment to supporting the areas in which it works with a pledge to share five per cent of net profits after tax with the local community.



This follows on from the successful 160th anniversary undertaking to give 160 volunteering days to organisations, raise £160,000 for local causes through a variety of activities and events, and use resources to help 160 local organisations.

As in previous years members of the building society will have the opportunity to help decide where the money is spent and which organisations and good causes will benefit. The charitable giving will be managed by County Durham Community Foundation.

Colin Fyfe, chief executive of Darlington Building Society, said:

“The commitment to share five per cent of our net profits after tax is Darlington Building Society genuinely putting its money where its mouth is. We are extremely excited to be able to make such a huge commitment to the area.

“Feedback we receive from members, staff, brokers and the local community points to a desire for the Society to make a real difference in the community and to be more tangible about how we do this.

“We already have exclusive deals on mortgages and savings for local people, provide a high quality personal service in our local branches and all our decisions are made locally. This new commitment builds on our ethos of sharing with the local community.”

You can vote for Age UK Teesside to receive a portion of Darlington Building Society’s Generous ‘5% Pledge’ by going to their website:

WWW.DARLINGTON.CO.UK

GO TO THE ‘OUR COMMUNITY’ SECTION & CLICK ‘GET INVOLVED’ TO VOTE

Most Votes wins £1000!



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

Only 35 Days to go until you brave Skydivers take the leap!

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.

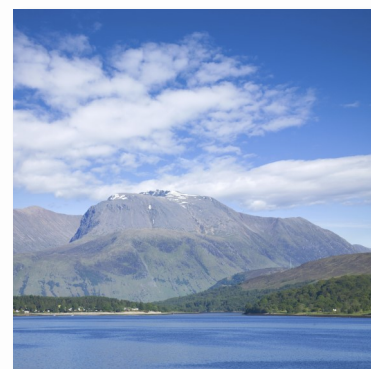
JULY 2018

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



ALRIGHT TEESSIDE?

The North-East's largest, annual mental-health celebration is back!

Main Event:

Tuesday 10th October 2017



Events across Teesside,
on the run-up to the big day:

12PM-8PM

- Redcar—3rd October,
R&C Leisure and Community Heart
- Middlesbrough—4th October,
Holiday Inn Express



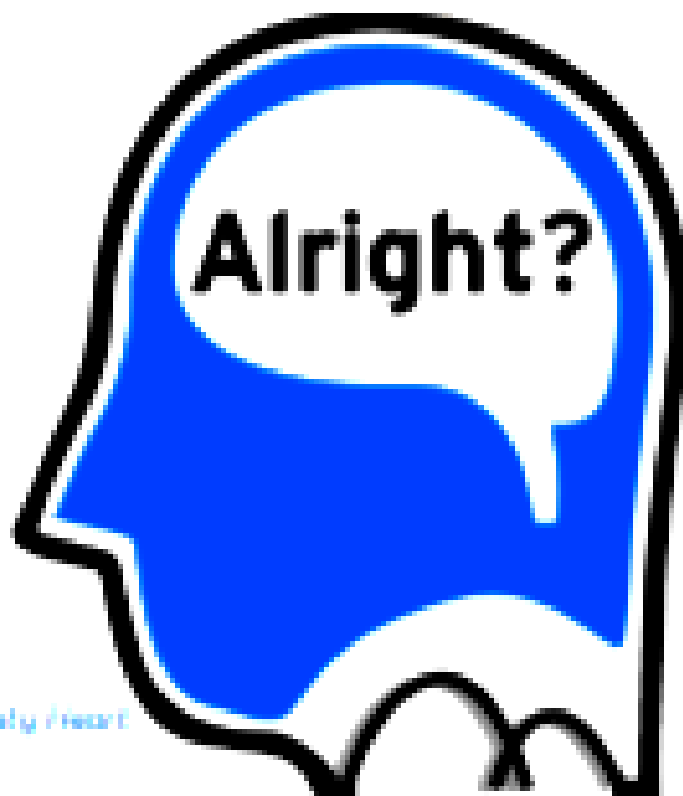
/AlrightTeesside



@AlrightTeesside



/AlrightTeesside



On Wednesday 30th August, the younger and older generations came together to learn about nutrition and worked together to prepare, cook and taste a dish. This Kreative Kitchen experience was held at South Thornaby Community Centre and a great time was had by all!



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.***



Music in Hospitals

Wednesday 18th October 2017

Creating joy through live music

Professional Musicians Live!
Free Entry! Free Snacks & Refreshments!

Seating is Limited!

Please, call **01642 805500** to book today!

Live-Well Dementia Hub

Thorntree Road

Thornaby

Music in Hospitals is a registered charity, no 1051659



Starts at
1.00pm



MCST

Maintenance Cognitive Stimulation Therapy (MCST)

What is MCST?

MCST is an evidence based programme which can improve the wellbeing and cognitive ability of people living with mild to moderate dementia. Age UK Teesside deliver free programmes of MCST in various locations across Stockton on Tees. We receive referrals from the NHS Combined Care Centre at Lustrum Vale, as well as from our Better Health, Better Wealth Team. People living with dementia or their carers can also refer into the programme by contacting Age UK Teesside directly.

MCST aims to actively stimulate the mind in a way that is non-threatening and enjoyable through a series of themed group sessions.

Each session of MCST will follow a different theme or topic which is designed to improve the memory and cognitive abilities of people living with dementia. Where appropriate, sessions can also be delivered on a one to one basis. MCST is delivered by Age UK professionals who are experienced in supporting people living with dementia.

What about the carers?

MCST is designed to be delivered to people living with dementia who can attend the group independently. If carers or family members wish to learn more about the principles of MCST then we are happy to take the time to discuss the programme outline, what will be covered and why and how this will benefit their loved one. This usually takes place at the end of a session, whilst carers are waiting to pick a group member up. We can equip carers with the materials and knowledge to confidently carry on with aspects of MCST in between sessions, should they need support.



Jane Dean

Dementia

Services

Why is MCST delivered in a group?

MCST is delivered over twenty-two weeks in a supportive group environment which allows participants to engage with each other and benefit from the peer support available. The group sessions offer an opportunity to share experiences, coping strategies and humour. Being part of a group can also improve a person's confidence and self-esteem meaning that they are more likely to contribute and benefit from the discussions and activities.

Our groups run once a week in Stockton, Billingham and Thornaby and the feedback we get from group members and their carers is overwhelmingly positive.

If someone is unable to attend a group, we can offer MCST on a one to one basis in their home over eleven weeks. Our one to one sessions are tailored around the individual's circumstances to ensure that they benefit and respond positively to the programme.

What happens after?

We want to ensure that people living with dementia can benefit from MCST long after their programme comes to an end. After each session, participants will get a summary of the activities and themes covered to refer to. This is also useful to share with families and carers who could use MCST principles in day to day life.

We find that the participants enjoy the routine of attending weekly sessions and they tend to bond with each other over time. If this is the case, when MCST comes to an end, our Better Health, Better Wealth team will find a suitable and convenient meeting point and facilitate a weekly gathering, along with stimulating activities.

Philip Smith

Dementia

Services

Coordinator



For more information or to join our MCST programme, contact **Phil Smith** (Dementia Services Coordinator) on 01642 805500 or email

Philip.smith@ageukteeside.org.uk

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
THORNTREE COMMUNITY HUB BIRKHAL 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

Information & Advice!

This service offers **Benefit Checks, Form-Filling, Challenge Benefit Decisions and Advice on all Benefits.**

Loftus I&A

The Co-Op Building, Loftus. Every Tuesday 9.00am – 4.00pm DROP-IN SERVICE

Hartlepool I&A

100 York Road, Hartlepool. Every Wednesday 9.00am – 4.00pm DROP-IN SERVICE

Middlesbrough I&A

190 Borough Road, Middlesbrough. Every Monday and Tuesday – Appointments start from 9.00am



Over 50? Need Benefit Advice?

Age UK Teesside will be holding Benefit Advice Sessions every Monday and Thursday from Westfield Farm, Dormanstown.



Providing advice & support with:

- * **BENEFIT CHECKS**
- * **ADVICE ON ALL BENEFITS**
- * **FORM FILLING**
- * **CHALLENGE BENEFIT DECISIONS**



Benefits & Issues

For appointments please call:

01642 80 55 00 DROP-IN SERVICE AVAILABLE

Open: 9.00am-4.30pm (*Last appointment 3.00pm*)

Every Monday & Thursday

Westfield Farm, The Green, Redcar, TS10 5NA

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



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**



**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

15, 38, 11, 5



Forget Me Not Trail

**Sunday 1 October
10:30am**

A fundraising walk to promote the awareness of dementia and celebrate Older People's Day and World Alzheimer's Day

Starting and finishing at the Talpore Pub, Tees Barrage.

Organised by Dementia Friendly Stockton and supported by the North of Tees Dementia Collaborative and the Stockton Dementia Network. Funds raised for Dementia Friendly Stockton.

For more information, please contact the LiveWell Dementia Hub on 01642 527363

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

Thank you for supporting Age UK Teesside

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

www.ageukteesside.org.uk

01642 80 55 00

