



Skydivers
Special

April 2018 Newsletter



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**SPACES
NOW
AVAILABLE
ON THE 26TH
AUGUST**



TAKE YOUR **ADRENALINE** **LEVELS** TO NEW **HEIGHTS!**

AGE UK TEESSIDE
SPONSORED SKYDIVE!

26TH AUGUST 2018

THE SKYDIVE ACADEMY,
PETERLEE PARACHUTE CENTRE,
SHOTTON AIRFIELD

CHOICE OF JUMP HEIGHTS

10,000 FT

- 25-35 SECOND FREE FALL
- 5 MINUTES PARACHUTING
- £35 DEPOSIT AND MIN SPONSORSHIP £225

15,000 FT

- 55-65 SECONDS FREE FALLING
- 5 MINUTES PARACHUTING
- £35 DEPOSIT AND MIN SPONSORSHIP £325

FOR MORE INFORMATION OR TO SIGN UP PLEASE CONTACT:

LAURA-JANE WEDGWOOD, GRANT & FUNDRAISING CO-ORDINATOR

E: LAURA.WEDGWOOD@AGEUKTEESSIDE.ORG.UK | T: 01642 803 326

Anne Sykes' Skydive!

CEO Anne Sykes was the first person to sign up for our sponsored skydive last year, and after 2 failed attempts at taking the plunge due to poor weather, she finally accomplished her goal in March!

Anne set her sights on the 15,000ft descent and encouraged several others to take part in our skydiving challenge, as well as raising more than £1,000 for Age UK Teesside.



'As Chief Executive, I wanted, to be the first to sign up to this amazing fundraising challenge. It did not disappoint, it was an amazing experience and the fantastic amount of money that was raised by a whole team of people in support of Age UK Teesside will make a difference to the lives of older people living in Teesside' - Anne Sykes





Congratulations Skydivers!

Age UK Teesside would like to say a big thank you to all of our brave skydivers for fundraising to support our services. We hope you all enjoyed the experience!

Ms Lisa Ali

Ms Emily Johns

Mr Peter Simpson

Mrs Jessica Barker

Ms Alison Kelly

Ms Sasha-Kiara Spooner

Ms Jennifer Berriman

Ms Michelle Larder

Mr Nathan Steel

Mr Michael Bloomfield

Mr Martin Long

Ms Anne Sykes

Ms Louise Carter

Ms Kirsty MacLeod

Ms Debbie Taylor

Miss Haley Dye

Ms Haley Marron

Ms Eve Thomas

Mr Ian Elcoat

Ms Rosie Mills

Ms Jade Yeoman

Mr Ibrahim El-Dharrat

Ms Diane Reynolds

Ms Emma Garner

Mrs Mandy Robson

Ms Megan Goodwill

Ms Rachel Sharpe

Ms Freya Ingham

Ms Rachel Siddall





Bark in the Park!

Join us for a 3 mile sponsored walk in the park.

22 JULY 2018, 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

**ALSO ON THE DAY COME AND TAKE PART IN OUR FUN
COMPANION DOG SHOW!***

**Small donation applies*

Dog Show Categories:

Prettiest Bitch

Most Handsome Dog

Best Buddies

Best Child Handler

Best Fancy Dress

Best Trick

Pedigree Section:

Best Lab/Retriever

Best Terrier

Best Toy Breed

Best Puppy

Best Rescue

Official sponsors of this event are Smooth Radio FM, K9-Fitness & Therapy Centre and No Bones Canine Confectionery.





FEATURING CHICO!

£5
ENTRY PER PERSON
(SPONSORSHIP REQUESTED)

WORLD RECORD BREAKING

SAMBA

Teesside
age UK
Love later life

1st JULY 2018
MAJUBA ROAD CAR PARK, REDCAR

SIGN UP ONLINE
WWW.FULLOFLIFEFAIR.ORG.UK
OR CALL 01642 803326

GUINNESS WORLD RECORDS

RED CAR
FULL OF LIFE FAIR

REGISTERED CHARITY NO. 702714



Teesside
age UK
Love later life

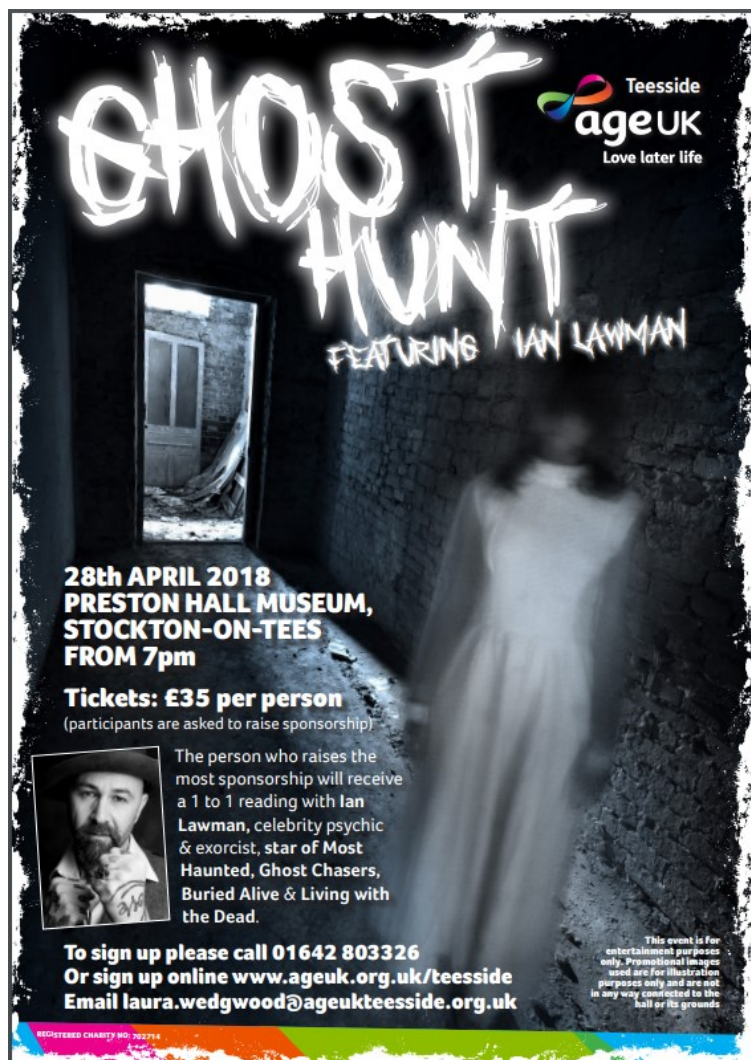
Mad Hatter's Chocolate Walk

1st JULY 2018
MAJUBA ROAD CARPARK, REDCAR

£8 PER CHILD
(SPONSORSHIP REQUESTED)

RED CAR
FULL OF LIFE FAIR

REGISTERED CHARITY NO. 702714



Teesside
age UK
Love later life

GHOST HUNT

FEATURING IAN LAWMAN

28th APRIL 2018
PRESTON HALL MUSEUM,
STOCKTON-ON-TEES
FROM 7pm

Tickets: £35 per person
(participants are asked to raise sponsorship)

The person who raises the most sponsorship will receive a 1 to 1 reading with Ian Lawman, celebrity psychic & exorcist, star of Most Haunted, Ghost Chasers, Buried Alive & Living with the Dead.

To sign up please call 01642 803326
Or sign up online www.ageuk.org.uk/teesside
Email laura.wedgwood@ageukteesside.org.uk

This event is for entertainment purposes only. Promotional images used are for illustration purposes only and are not in any way connected to the hall or its grounds.

REGISTERED CHARITY NO. 702714



CALLING ALL DOGS!

BARK IN THE PARK

SUNDAY 22 JULY 2018

FEATURING:
Cleveland Police Dog Unit & a Fun Companion Dog Show

GET YOUR FRIENDS & FAMILY TOGETHER FOR A 3 MILE SPONSORED WALK IN THE PARK. 22 JULY 2018, 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 803326
www.ageuk.org.uk/teesside

ALL PROCEEDS IN AID OF

Teesside
age UK
Love later life

REGISTERED CHARITY NO. 704014

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

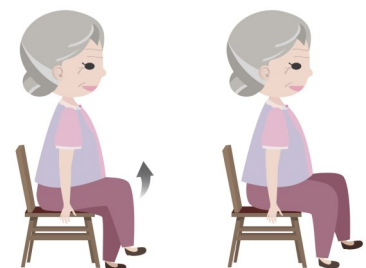
Chair exercise is a fun seated workout for people living with dementia, including a vast range of gentle exercises without leaving your chair. Join in and reap the physical benefits all whilst having fun with friends and reminiscing about past times.

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!

1st 6 sessions free for 50 +

Contact Glyn for times and venue Tel .07512 661895.

Contact Tina 01642 803328 / Mobile 07834 181188

or reception 01642 805500

Winners!



Easter Bonnet Competition 2018

The Phoenix annual Easter Bonnet competition was a wonderful event as always, boasting our youngest ever entrant and an array of delicious prizes.

WINNERS:

1ST—Marion Davies

2ND—Alwyn Kraus

3RD—Georgina Hamari

This year's competition was judged by Louise Wheatley, Operations Manager, who chose the three winners (pictured left).

Volunteer Tanya Barry, ASDA Community Champion, brought along her daughter Emily, who got her own treat for taking part.

This was our last group event in Dorothy Rose House and to all who have attended activities with us in the past, it has been a pleasure and we hope to see you all in the our locations.



Phoenix: In the Community!

As all of our groups are now out in the community, members of the team have been visiting the new locations and catching up with our service users.

Friendship Friday, or 'Fish Friday' as it is better known, is now held in St Cuthbert's Church Hall on Stokesley Road. The group get together every fortnight, enjoying a lively game of bingo and a raffle, with a fish and chip lunch.



Friendship Friday!



Call Tina on 01642 80 33 28 / 07834 18 11 88 to book your place

I&A: Spotlight On Sue Danes

I work at the community hubs 3 days a week as a partner of the Financial Inclusion Group. Other partners involved in this project are ACTES, Cleveland Housing Aid Centre, Middlesbrough Citizens Advice and Middlesbrough Council/Welfare Rights Unit.

The project delivers welfare and unclaimed benefits advice in different locations around Middlesbrough and is a much used and trusted service. The project has generated millions of pounds so far in benefits for clients.

Other projects I have worked on for Age UK Teesside are the Pay it forward project and EON and First Utility projects which have generated an estimated £849.524 in annual awards for our clients, which has enabled many to be lifted out of poverty and hardship by the awards gained for them.

Client feedback from First Utility and EON continues to show that the money from the awards is being used for the most basic of needs, including extra food, keeping warm, clothing, transport and paying bills.

It has been a pleasure to work with our clients and the gratitude they show when awards are made is very humbling.

CASE STUDY

Mr and Mrs S, aged 70 and 73 respectively, live in a housing association property. Both are in receipt of State Retirement Pension and Mr S was also in receipt of a small monthly occupational pension. Mr and Mrs S have no savings.

The couple were in receipt of housing benefit, however were putting a shortfall of £73 per fortnight towards rent. They were also in receipt of council tax support but still had to pay a shortfall of £70 per month.

Mrs S suffers from severe Rheumatoid Arthritis and Angina. Mr S suffers from Arthritis, lung problems, high blood pressure and had previously suffered two strokes. Mr and Mrs S informed me that they cared for each other.

The couple had requested a telephone benefit check and it was quickly identified that both met the qualifying conditions to claim Attendance Allowance.

They were booked in for an appointment at the Age UK Teesside office and both were assisted to complete Attendance Allowance forms.

Mr S received a decision in 11 days and was awarded the higher rate of Attendance Allowance of £83.10 per week. Mrs S received a decision a few days later and was also awarded the higher rate. As both were now in receipt of a qualifying benefit for the purpose of severe disability premium being added in pension credit calculation, they became eligible for guaranteed

pension credit and also underlying entitlement to carer's allowance, which meant that an extra amount for carers could be added in pension credit calculation also.

A further appointment for Mr and Mrs S was arranged at Age UK office to assist with claim for carers allowance (underlying entitlement for both) and assistance with making a telephone claim for pension credit. These claims could also be backdated to date of receipt of Attendance Allowance being awarded.

Once pension credit (guaranteed credit) is awarded this meant that there is entitlement to full council tax support and full housing benefit and they would no longer have to pay the shortfalls. This can also be backdated for up to three months for which they have received a refund of monies already paid for the period.

Total increase in household income due to identifying and assisting clients to claim their benefits entitlement is approx. £330.54p.w. or £17.188p.a.

Because clients are eligible now for pension credit (guaranteed credit), they are automatically eligible for core group for the purpose of Warm Home Discount whereas previously had not been entitled even to broader group status. Clients are also now exempt from dental and optical charges.

The clients gave the following quote;

"We have been provided with excellent benefits advice service. The benefit awards have made a tremendous difference to our lives. Also, Sue, our adviser always made us a lovely cup of tea!"

Thank you Age UK Teesside"

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

BHBW: Wag & Co.

This quarter Better Health Better Wealth have engaged with a new Befriending service called “Wag and Company” They offer an at home service for older dog lovers (65+) in the North East who are living in their own home and can no longer have a dog of their own.

Wag and Company North East Friendship Dogs enables professionally assessed volunteers and their dogs to befriend the elderly across the North East region.

The aim of the service is for any older person who misses the friendship of a dog. They can quickly benefit from a visiting dog team whether they are living in a care or medical establishment or whether they are still living in their own homes.



This is the very first pairing in the Teesside area as all have previously been in Tyne and Wear. One of our service users Patricia Laing was introduced to her canine befriender “Otto” in March. They both hit it off instantly and spent an hour getting to know each other; Otto was brought along by his owner Leigh Degnan.

We look forward to working with Wag & Company in the future to bring canine companionship to our service users.



**Wag
& Co.**
North East
Friendship Dogs

BHBW: Group Timetable

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

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.*

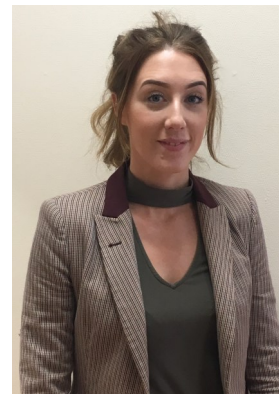
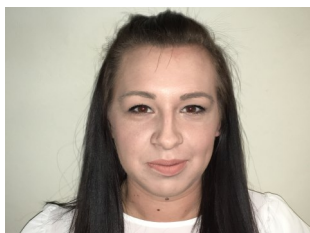


Staff!



Redcar Befriending:

This month we said goodbye to our Befriending Coordinator in Redcar, Ross Newton (top left). Former Befriending Assistant ,Amanda Bowstead (bottom left), will be leading the Redcar team in Ross's place with our new staff member Robynne Orton (pictured right), who will taking on the role of support worker.



Cultures:

Denise Sharkey (left), head of our Cultures Project, also left Age UK Teesside for a new job opportunity, with Anne Hollifield (right) taking over for her as well as continuing with her IPC duties.



Middlesbrough Befriending:

With the start of our new Befriending Service in Middlesbrough, we are welcoming Paula Taylor (left) as our Befriending Coordinator for the project.

Trading:

In March, Age UK Teesside said a sad goodbye to Marc Thompson and Margaret Newlove (right), both members of the Trading team.

Welcome to all of our new starters and to those who have left us, you will be missed, and we wish you luck for the future.





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 803328

Gill 01642 803313



Registered Charity Number: 702714

Befriending Hartlepool: Case Studies

Our Hartlepool Befriending Service offers companionship for the lonely and isolated older people living in the Hartlepool Borough. Pam Cairns recently took over the role as Coordinator for the project and has been having great success matching clients and volunteers.

Below are two case studies she has shared with us about two of our service users.



Winnie

Winnie is a 92 year old lady who would like 'a friend' her daughter tells me. Originally from Middlesbrough she moved to Hartlepool when she was 18, having met her husband at G.E.C. Her life has been devoted to her husband and family, working with him and spending all of her spare time with him. She had a mini stroke 2 years ago and her mobility is reduced.

When I first met Winnie she was with her daughter who explained a little of her mams background. Winnie soon relaxed and told me that although she is 92 she is 'still all there', her words not mine. She tells me that she can go days without seeing anyone. Sometimes family call in to check on her and her daughter is there twice a week. However each Wednesday she is alone all day and evening. She loves to knit and is really good at cross stitch though since her eyes began to fail she can no longer do this. She goes to the hairdressers twice a week but finds this really hard, she used to be independent and go herself now she needs assistance. She talks of 'a fall' she had recently and how she was irritated by people wanting to help her and treating her like she was a 'frail old lady'.

When enquiring what she would like from the befriending service she said 'I just want a friend'...'I have never had a friend'...'someone who I can have a coffee and a chat with. This is my fault as I always spent my time with my husband and daughters. I do speak to my neighbour but not often.' She was really animated at the prospect of someone going to visit her, so long as they didn't treat her as a frail old lady...

I rang her today to tell her I am calling back with a very nice volunteer to meet and chat. If she is comfortable with the volunteer then I will let the 'friendship' develop. This lady could not believe this was happening, that at the age of 92 someone was taking the time to be with her and get to know her.

Margaret

Hi Margaret, its Pam from Age UK.....I've brought Sylvie one of our volunteers to meet you. Margaret, an 84 year old widow was sat patiently waiting in her living room. Widowed 2 years ago she had cared for her husband until his passing. She had held a 'prestigious' job until she was 68 years old and was always very active at home and in the community. She became ill suddenly early last year, enduring several operations and long stays in hospital. She now has to stay at home. Is on oxygen 24 hours a day and has carers in to help manage her medication.

Apart from carers and the occasional visit from her granddaughter (her sons don't live in Hartlepool) she doesn't get much adult company. She is an intelligent lady who is craving some stimulating conversation. She tells me today that she has 'got used to the loneliness' that she switches the TV on for background noise (she has no interest in it).

Introducing Sylvie and explaining her role, Margaret listens intently and smiles at the prospect of having some 'adult' conversation, of someone to talk to with similar interests. Sylvie takes the lead and asks Margaret what she expect from the 'friendship' – Sylvie is unable to take Margaret out in the wheelchair but Margaret is fine with this. She tells us that she has little energy these days and is quite happy to sit in the garden and reminisce when the weather is better. Which gives her something to aim for.

A little reserved at first Margaret slowly relaxes and she and Sylvie take up the conversation. She tells Sylvie that she used to love growing her own veg and pottering in the garden. It seems that there is a mutual interest as Sylvie loves gardening. What a coincidence says Margaret (not really I think, that's why I thought they would make a good match) the conversation flows and I'm side-lined as they discuss how to grow mushrooms.....





Age UK Teesside's Make a Will Month

EXCLUSIVELY IN PARTNERSHIP WITH TILLY, BAILEY & IRVINE

This extra special offer is available only during July, the solicitors are giving their time and expertise freely, all they ask is that you donate a minimum of £80 to Age UK Teesside in return for a single will or a minimum of £100 for a pair of matching Wills. In addition to benefiting from this fantastic launch offer and supporting Age UK Teesside you gain peace of mind, knowing that your loved ones will be provided for after your death and that your wishes will be carried out. Places are limited, so don't delay, act today! Contact your local branch of Tilly Bailey & Irvine directly using the numbers below and quoting Age UK Teesside Wills Month. Thank you, on behalf of your community, for enabling Age UK Teesside to provide expert advice, support and companionship to those in need.

TIILY, BAILEY & IRVINE
STOCKTON
T: 01642 356407

TIILY, BAILEY & IRVINE
HARTLEPOOL
T: 01429 405081

Tilly Bailey & Irvine
law firm

tbi

PLEASE REMEMBER THAT YOU WILL NEED TO TAKE YOUR ID TO YOUR WILLS APPOINTMENT ALONG WITH CASH OR A CHEQUE TO MAKE YOUR DONATION

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

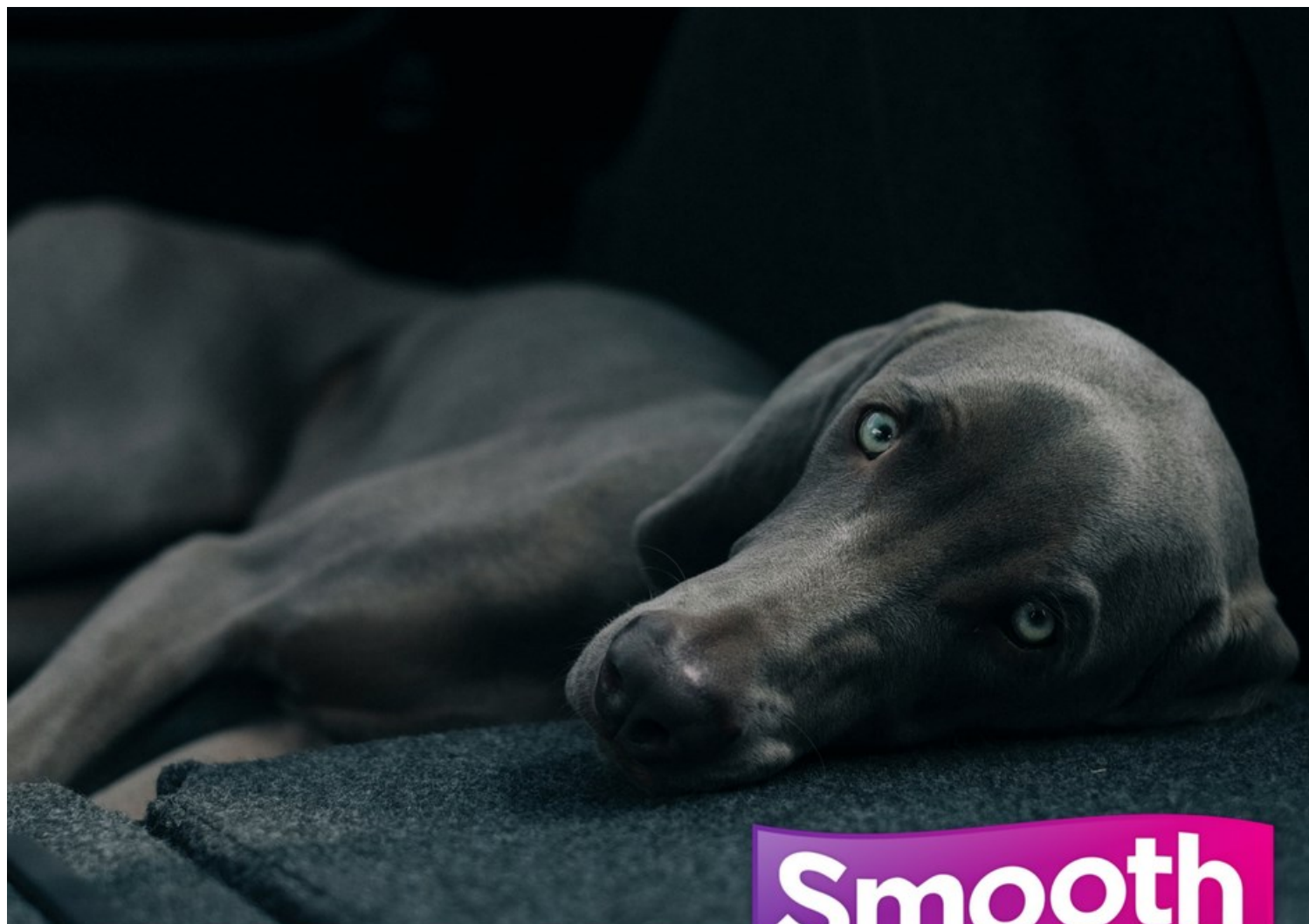
Thank you for supporting Age UK Teesside

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

www.ageukteesside.org.uk

01642 80 55 00





Smooth

Radio

97-108

YOUR RELAXING MUSIC MIX