



AUGUST 2018

# AGE UK TEESSIDE NEWSLETTER



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Supported By:




# Living With and Beyond Cancer

## Volunteer Role Outline and Person Specification

### Our Mission Statement

Age UK Teesside aims to promote the well-being of all older people throughout the Teesside area, improve their quality of life and help them maintain independence.

### Living With and Beyond Cancer

Due to significant improvement in cancer survival rates over the last 15 years there are currently 2.5 million people living with cancer in the UK. More than half of people receiving a cancer diagnosis will now live ten years or more and need to live well. The Living With and Beyond Cancer Project is a national transformation programme which aims to improve patient experience by introducing The Recovery Package, a combination of different interventions which when implemented can improve outcomes and co-ordination of care.

We are looking for volunteers to work in Teesside across 4 locality areas Middlesbrough, Redcar, Stockton & Hartlepool to support this national initiative. Volunteers will receive the relevant training and support to enable them to carry out this role

### Main duties

- To undertake individual holistic health needs assessments in hospital, primary care and community settings.
- To undertake care and support plans which will be agreed with the patient and shared with the local health professionals
- To support GP's to undertake cancer care reviews
- To signpost patients to services in the community which help maintain their lifestyle, health and wellbeing such as finance, physical and mental health.
- To adhere to relevant Age UK Teesside policies and procedures such as confidentiality, health and safety, and equal opportunities

### Your role will require you to:

- Establish and maintain an effective working relationship with patients living with a cancer diagnosis and their carer/s, to enable you to provide appropriate support.
- Undertake holistic needs assessment training and any other necessary training required to support the role.
- To act as a conduit to community support for those living with a cancer diagnosis
- Engage and participate in training sessions organised generally for Age UK volunteers (e.g. safeguarding) and more specifically for Living Well Link Service volunteers.

### Person specification

- A keen interest in supporting patients Living with and Beyond Cancer
- Excellent inter-personal and communication skills
- An understanding of the need for confidentiality
- To be reliable and trustworthy
- Ability to keep clear and concise records
- Willingness to engage in training and attend an induction meeting

### Expenses

- Expenses incurred via the volunteering role will be reimbursed in relation to travel and any other agreed expense.

**PLEASE NOTE:** This post is subject to an Enhanced DBS clearance. This means that this post is exempt from the provisions of the Rehabilitation of Offenders Act 1974 and any unspent convictions must be declared. This post is subject to a 6 – 8 week trial period.



# Music in Hospitals

*Music in Hospitals & Care* is a UK charity bringing live music to people in hospitals and care settings across the UK. On Wednesday 22nd August, Age UK Teesside and Music in Hospitals worked together once again to bring the musical talents of Robert Whitehead and Tom McConville to the Live Well Dementia Hub in Thornaby for a live performance .





# Fundraising:

## Bungee Jump



On August 5th, more fearless fundraisers took on the considerable challenge of bungee jumping from the Transporter Bridge for Age UK Teesside. Among them was Leanne and Lynsey (left) and Jane (right), all looking very proud of their efforts on the big day. Age UK Teesside is grateful for all who raise sponsorship for our services and undergo these nerve-wracking challenges, like the Bungee, Tandem Skydive and Abseil. We would like to say a huge congratulations to all of you and thank you for your continued support.

## Skydive



On August 26th, more courageous volunteers will be taking to the sky and enjoying a 10-15,000 ft descent as we return to Peterlee Parachute Centre for more skydiving fun. Among the latest recruits is member of staff Paula Taylor (left), Befriending Manager for Age UK Teesside, who is facing her fear of heights, as well as raising funds for our services. We hope all of them have a fantastic day and enjoy the once in a lifetime experience.



**If you would like to take part in any of our fundraising events, or have an idea of your own, you can make an enquiry through our website [www.ageukteesside.org.uk](http://www.ageukteesside.org.uk) or call Laura Wedgwood on 01642 803326 or email [laura.wedgwood@ageukteesside.org.uk](mailto:laura.wedgwood@ageukteesside.org.uk).**

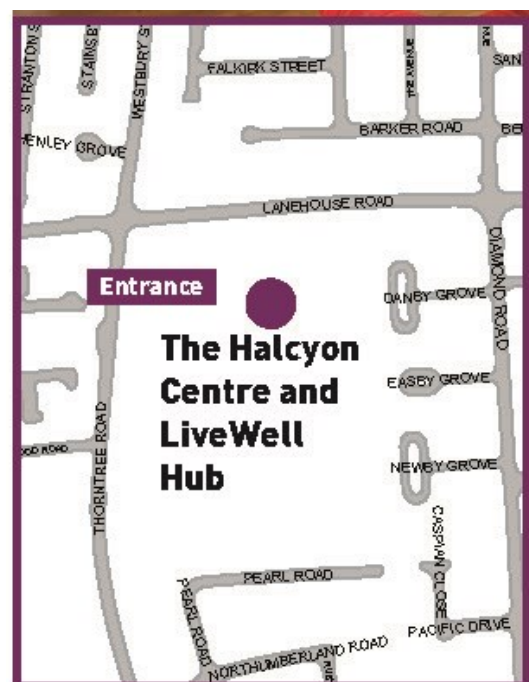


## Dementia Walking Group

On Monday 6th August, we launched our new walking group for people with dementia and their carers. 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**.





# 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**





## World Alzheimer's Day : Friday Friends

To celebrate World Alzheimer's Day Age UK Teesside are inviting people to join them for a special session of their regular Friday Friends group on Friday 21 September. The event will include music and intergenerational activities delivered by Funky Feet. Food and refreshments will also be provided.

The session will also include an opportunity to speak informally with Healthwatch Stockton on Tees regarding their latest investigations.

Age UK Teesside would like to invite people who have never attended the group before to join them for this event however space is limited so booking is essential.

To book your place please contact the LiveWell Dementia Hub on 01642 527363.

## Older People's Day : Hippy Hippy Shake

To celebrate Older People's Day, the Hippy Hippy Shake will return to Preston Park Hall on Tuesday 2<sup>nd</sup> October 2018 between 1:30pm – 3:30pm. Cakes and light refreshments will be provided and there will be live music.

Booking is essential and tickets are £2 per person.

Further information and tickets are available from the Visitors Information Centre, Rediscover Stockton, 134B High Street, Stockton-on-Tees, TS18 1LP or phone on 01642 528130

This year's event is sponsored by Age UK Teesside.



# WORLD ALZHEIMER'S DAY

## POSTER COMPETITION

**21 September – 30 November 2018**

Artists of Stockton unite and show us your vision for living well with dementia.

The theme for the competition is  
**"Living Well with Dementia"**

There are three age categories:

**4-10**

**11-15**

**16-18**

**WINNER OF EACH CATEGORY WILL GET A £25  
WHSMITH VOUCHER PLUS RUNNERS UP PRIZES.**

Entries should be A4 in size and can be sent electronically to **Live-  
well.Hub@stockton.gov.uk** or by post to:

**Livewell Hub,**

**Thorntree Road,**

**Thornaby,**

**Stockton-on-Tees, TS17 8AP**

Alternatively, you can hand in your hard copy to any Stockton Library.

Please include your **name, age, contact number** and **address**.

If you would like more information

about dementia please visit:

[www.stocktoninformationdirectory.org](http://www.stocktoninformationdirectory.org)

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



Winners will be notified by the end of December 2018. Winning posters will be displayed widely around Stockton on Tees.

# 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

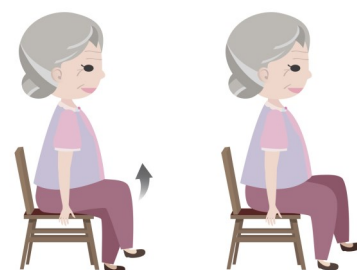
Chair exercise is a fun seated workout for people living with dementia, including a vast range of gentle exercises without leaving your chair. Join in and reap the physical benefits all whilst having fun with friends and reminiscing about past times.

**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 803328 / Mobile 07834 181188**

**or reception 01642 805500**

# Doddle hat

## Basic Pattern

**You will need some double knitting yarn and a bobble of your choice.**

### Knitting

1. Using double knitting yarn and some 4mm needles, cast on 28 stitches.
2. K2 rows. Then, starting with a knit row, work in stocking stitch (Knit 1 row, Purl 1 row, repeat) for 12 more rows.
3. For the next row, K2 together across all the stitches (14 stitches). And for the row after that, P2 together to the end (7 stitches).
4. When you've finished, cut the yarn leaving about 25 cm. Thread the cut end of the yarn through a sewing needle, then run it through the loops and remove the knitting needle.
5. Tighten the yarn and sew the little hat together at the side. Once finished, turn it right-side out so that the seam you've just sewn runs up the inside.
6. When laid out flat, the hat dimensions should be about 5-7cm along the bottom and at least 3cm high.
7. Sew a little bobble onto the top of the hat.

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.





# The Wooltermelon

by Juliet Bernard

## Intermediate Pattern

You will need some green, cream and pink 4 ply yarn and 36 black beads.

### Knitting

1. Cast on 36 stitches in green.
2. Work 2 rows of K1 P1 rib.
3. Change to stocking stitch beginning with a knit row.
4. Work 1 row in green, 2 rows in cream or light pink and 5 rows in a darker pink.
5. Sew on the beads evenly across your hat.
6. Row 18 – P2 tog across all stitches (18 stitches).
7. Row 19 – K2 tog across all stitches (9 stitches).
8. Row 20 – P2 tog 4 times, K1(5 stitches).
9. Fasten off by threading yarn through 5st and drawing tight.
10. Make a bobble in cream.
11. Sew your juicy watermelon up at the side and attach your bobble to the top.
12. Show it off a bit, then get it in the post.



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

**01642 80 33 28**



Abbreviations: K – Knit P – Purl Tog – Together St st – stocking stitch St – stitches PB – place bead





# 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 80 33 28**

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

 ST CUTHBERTS  
CHURCH MARTON



# 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

**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.***



## Redcar Befriending Service

The Redcar Befriending Service strives to improve the lives of the lonely and isolated in the Redcar Borough and Befriending Assistant, Robynne Orton, recently took part in a training programme designed specifically for helping older people living with Dementia.

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*"I have recently attended Namaste Dementia Training to help further my dementia knowledge and skills; Firstly, so I am better equipped to support Age UK's Volunteers and clients that are either living with the condition or helping to support somebody with dementia. Secondly to ensure that Age UK Teesside's Redcar Befriending Service is seen to be actively contributing to creating a dementia friendly borough throughout the Redcar and Cleveland area. Lastly and most importantly to help reduce feelings of loneliness and isolation that often come with age and the dementia diagnosis.*

*As we already know, people with dementia start to become very frail as the brain begins to shut down and they often find it difficult to communicate and interact with other people. This means that they no longer engage in conventional group activities, which leads to further isolation.*

*Namaste Care is a structured programme, developed by Joyce Simard in the USA, that integrates compassionate nursing care with individualised activities for people with dementia. The purpose of Namaste Care is to give comfort and pleasure to people with dementia through sensory stimulation, especially through touch. This could be through hand massage, song and dance or reminiscence etc. At present, I am working collaboratively with Linzi Stafford (Dementia Specialist Nurse at Alice House Hospice) to engage with clients living with dementia to provide meaningful activity, comfort and pleasurable experiences. Eventually, the aim is to champion the programme amongst our Befriending Volunteers so that they are able to offer much more on their regular visits."*

**-Robynne Orton, Redcar Befriending Support Assistant**




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

**Amanda Bowstead on 07718 125 013**

Or [amanda.bowstead@ageukteesside.org.uk](mailto:amanda.bowstead@ageukteesside.org.uk)



# Hartlepool Befriending Service



The Hartlepool Befriending Scheme (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.

In January 2018, a new Befriending Co-ordinator Pam Cairns took up post and has settled well into her role, establishing a good relationship with both volunteers and clients. Pam who lives in Hartlepool continues to use her knowledge of the town to promote the service, recruit volunteers and clients for the service. Referrals have increased and the number of successful matches has grown.

She has been working with a number of organisations e.g., The Fire Brigade, Stockton & Hartlepool care co-ordinators, social Services, Project 65, Hartlepool Carers, The Bridge, HBC Community Hubs, TEWV and of course family & friends to increase referrals and volunteers and continues to do so.

We are optimistic about the future of this service which continues to grow and develop week by week and with Pam's commitment to our clients and volunteers, believe that the Project will continue to develop for the benefit of our clients.

If you know anyone that would like to volunteer (there is no age limit) with us, please give Pam a call on the number below or you may know someone that lives alone and is lovely and vulnerable. Friends and family are able to refer directly to the service. We are always looking for new ideas for activities and events. 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 304816** or email: [Pam.cairns@ageukteesside.org.uk](mailto:Pam.cairns@ageukteesside.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**

Age UK Teesside 100c York Rd Hartlepool TS26 9DE

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



# Job Opportunity



**Job Title:** Health & Well-Being Outreach Worker

**Reporting to:** Operations Manager

**Hours:** 18.5 hours per week (fixed term Sep 18 – 31 Mar 19)

**Salary:** £9.00 per hour

## **Specific Responsibilities/Duties:**

### **Diversity Outreach Project**

- To visit clients in their homes and to complete a health & well-being assessment of their physical and mental needs. To complete a Warwick-Edinburgh Well-Being assessment, identifying clients' interests and assisting them to access activities in the community relevant to their interests and ethnicity.
- To assist in identifying activities for clients and establishing regular groups in community venues and supporting with the service delivery.
- To visit clients in their own homes, being accompanied by a fellow worker.
- To complete the health & well-being questionnaire and Warwick – Edinburgh questionnaire with clients and to input this information onto Charitylog.
- To complete initial screening with clients and to then refer them to their GP or relevant healthcare professionals for further support as appropriate.
- To monitor the progress of clients throughout their journey with the service including a final assessment at the end of the program.
- To be a key contact person, alongside Cultures CIC outreach worker, for health colleagues to engage with and refer clients to, set up initial appointments, identify realistic goals and develop actions plans to ensure agreed health outcomes are achieved.
- To find ways of enabling clients to overcome the barriers preventing them from making healthy lifestyle changes.
- To assist clients at the end of their programme to engage with other services offered by the organization, or by partner agencies, and to keep abreast of their progress within these other groups.
- To keep Charitylog contact records up to date and to complete any monitoring as and when required.
- To assist in the delivery of health & well-being activities in the community throughout the Borough of Stockton.
- To report any safeguarding concerns regarding clients in line with Age UK Teesside's Safe-guarding Policy.



## Personal Specification

PERSON SPECIFICATION	
Job title: Health & Well-Being Diversity Outreach Worker	
Criteria:- E= Essential D = Desirable	E or D
Experience	
Experience of providing one to one, face to face support & understanding the needs of older people especially ethnic minorities and refugees	E
Experience of working with other health professionals and developing effective networks	E
NVQ 2 in Health & Social Care	D
Experience of effective and accurate administration, including activities record keeping, reporting, and interviewing clients	E
Experience of delivering activities in a community based setting	E
Skills	
Excellent organisation and communication skills.	E
Good personable manner and an ability to engage with people of differing backgrounds	E
Ability to liaise with carers, families and agencies linked with older people using the service.	E
Current Safeguarding skills/training (Training will be provided)	E
Competencies	
Passion and commitment to improving the quality of life for people in later life	E
To be able to create a positive, meaningful active day	E
Reliability and ability to fulfil contracted hours	E
Self-motivated and able to use own initiative	E
Other Requirements	
Full clean driving licence and access to your own vehicle	E
Good knowledge of the Stockton area	D
Good understanding of the problems facing ethnic minorities and refugees over 50 in Stockton on Tees	D
Commitment to equal opportunities	E
An understanding and appreciation of health and safety regulations	E

**Closing date for applications is Monday 10<sup>th</sup> September 2018**

Applications can be found on our website at:

[www.ageukteeside.org.uk](http://www.ageukteeside.org.uk)

or email:

[anne.sykes@ageukteeside.org.uk](mailto:anne.sykes@ageukteeside.org.uk)

Interviews will be held week commencing 17<sup>th</sup> September 2018.





# M.C.S.T

## **Maintenance Cognitive Stimulation Therapy**

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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



**National Eye Health Weeks runs from 24<sup>th</sup> – 30<sup>th</sup> September 2018**

## **When did you last get an eye test?**

The only way to know if your eyes are healthy and your vision is accurate is to have your eyes checked by an optician (optometrist).

Did you know that Glaucoma has no obvious symptoms in the early stages, but advanced glaucoma can lead to serious loss of sight. With early diagnosis, careful monitoring and regular use of treatments, the vast majority of patients will retain useful sight for life.

Glaucoma is one of the leading causes of preventable blindness. It is estimated that 600,000 people in the UK have glaucoma, with half of those undiagnosed. It affects two per cent of people over the age of 40, and this rises to five per cent of people over the age of 80.

### **Who is at greatest risk?**

- Anyone over the age of 40
- Anyone with a history of glaucoma in the family
- People with diabetes
- People who are very short-sighted
- People of African-Caribbean or Asian origin
- People who are long-sighted.



### **Did you know that your eye tests are FREE if you fall into one of these categories?**

- Over the age of 60
- Under 16 or under 19 in full-time education
- Receiving income support, certain benefits including pension credit. More information [www.nhs.uk](http://www.nhs.uk)
- Diabetic or have glaucoma
- Over 40 and have a close relative with glaucoma
- Advised by an ophthalmologist that you are at risk of glaucoma
- Registered as visually impaired
- Receiving vouchers for complex lenses

**The earlier glaucoma is detected the more likely it is that useful sight can be maintained for life.**

The International Glaucoma Association (IGA) is the charity for people with glaucoma in the UK. We help to prevent unnecessary loss of sight through glaucoma by funding research, and providing free support to patients, relatives and professionals.

You can access our free services by calling our helpline or contacting our office.

Call our helpline on 01233 64 81 70, which is open 9.30am to 5.00pm Monday to Friday. You can also email us on: [info@iga.org.uk](mailto:info@iga.org.uk) or search our website: [www.glaucoma-association.com](http://www.glaucoma-association.com)

The IGA is also supporting people living with glaucoma in the North East through patient forums and community events. Contact our regional development manager Hannah Morrow for more information. [h.morrow@iga.org](mailto:h.morrow@iga.org) or call 07854 821 911.

# 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>



## 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 House,***

***190 Borough road,***

***Middlesbrough,***

***TS1 2EH***

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

***01642 80 55 00***

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