

# AGE UK TEESSIDE NEWSLETTER

DECEMBER 2018



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# Better Health Better Wealth: Music in Hospitals

Music in Hospitals has proven a popular event throughout 2018 and will be continued next year; a musical event for those living with Dementia and their carers, it has improved the lives of those attending remarkably. Read on to hear how this event has changed the life of service user George, as told by his wife, Denise:

## Case Study

### George

*"George was diagnosed with dementia with Lewy bodies in 2014 which includes Parkinsons movement disorder.*

*Gradually we were unable to do any of the social activities we had done together for many years and were beginning to get isolated. It was a hard decision to look for something that we could still do together and tried one or two groups. Some groups the carers sat outside the room but at the Wednesday social group myself and another carer went into the room with our partners. George could still join in a bit at that time and enjoyed it but it was a life saver for me as a carer.*

*I found it very hard to make that first move to go to the group but we were welcomed and soon settled in and made friends.*

*We do quizzes, games, and music and it can be noisy with a lot of friendly banter.*

*More recently George has been admitted to hospital and then to a care home.*

*Asking if I could still go to the social group I was overwhelmed by the response by Gillian and other members. I was told that I was a member of the group and had to continue attending.*

*I do attend every week and I look forward to it. A bit of a laugh and joke and the continuing support from people who know exactly what it means to be a sufferer or carer for a person with dementia.*

*The help and support I have had and am still getting has been amazing. My only regret is that we did not find the group sooner.*

*Lately more dementia sufferers have attended with their carers and it works very well. It is a very happy group long may it continue."*



# Better Health Better Wealth: Yarm Coffee Mornings



Karen Heath the Care Coordinator of Yarm Medical Practice organises the coffee mornings and Age UK Teesside go along to support and is a drop in service that offers advice and information on a variety of Health and Wellbeing Services across the region.

We celebrated Christmas and a year of coffee mornings this December, with some lovely homemade Christmas cake and iced ginger cake, all cooked by Karen Heath.

The coffee mornings are held Bi-monthly at the Yarm Medical practice for residents 65 plus. There have been 55 attendances to the group since December 2017.

For the Christmas Coffee Morning we also had a visit from representatives from the Yarm Practice Patient Participation Group.

Throughout the year we have supported and signposted visitors to Benefit Advice services, Dementia services, OT services and legal advice services to name a few.

We have discussed local groups and activities and up and coming events.

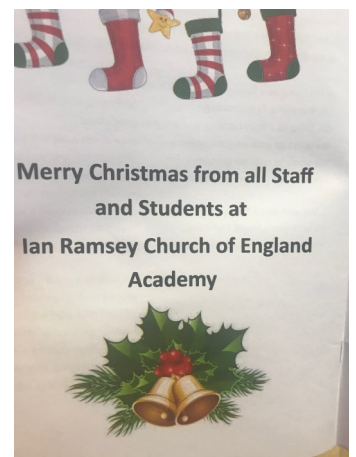
We have issued information on how to keep safe at home, medical emergency signage, keeping warm, slips trips and falls.





# Friendship Friday Christmas Party

The Phoenix Friendship Friday group celebrated with a festive buffet and special visitors from the Ian Ramsey Church of England Academy on Friday 14th December. Staff, service users and students got into the Christmas spirit and even welcomed Santa Claus himself to the festivities.





## Festive Fundraising

Once again, this year has been full of exciting challenges and fabulous fundraising by staff and volunteers. We simply don't have enough space in the newsletter to showcase you all but please feel free to check out the photographs and videos on our social media of 2018's events.



## Bungee Jump

On Sunday 2nd December, brave bungee jumpers Holly and Grace (pictured) plunged from the Transporter Bridge in aid of Age UK Teesside.

These fearless ladies raised a combined total of

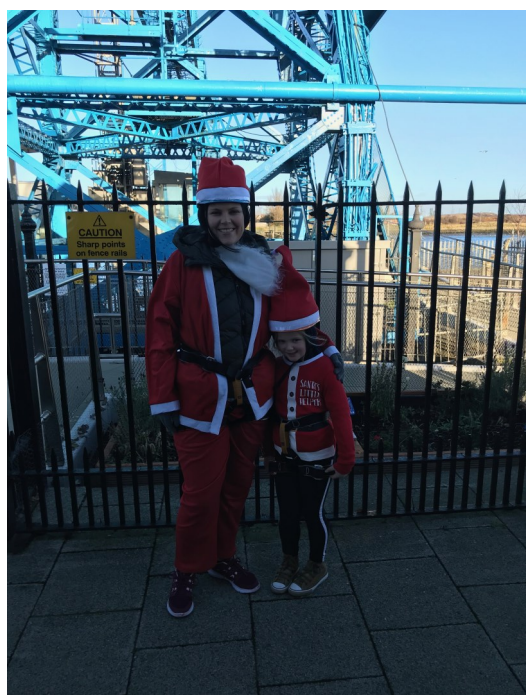
**£530.00**

Well done and thank you Grace and Holly!



## Santas on the Bridge

Our Christmas abseil was a huge success this year, with 29 brilliant fundraisers taking part in the daring descent.



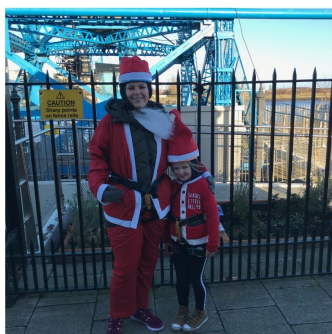
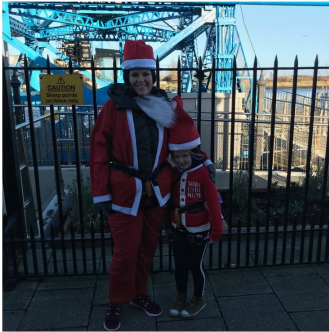
Leading the way once again, was Chief Executive Anne Sykes, who also skydived earlier in the year to raise money for Age UK Teesside.

All of our Santas were very brave, none more-so than 6-year-old Maisie, our youngest fundraiser to date, pictured (left) with Mum, Sarah.



Congratulations everyone!







# STROLLERS & STRAGGLERS

## 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**

**Launching Monday 6th August**

**Live Well Dementia Hub**

**Thornaby**





# Walking Group Schedule (January-April 2019)

## January 2019

7th	Teesside Barrage
14th	Preston Park
21st	Ropner Park
28th	Preston Park

## Feb 2019

4th	Teesside Barrage
11th	Ropner park
18th	Preston Park
25th	Ropner Park



## March 2019

4th	Teesside Barrage
11th	Preston Park
18th	Ropner Park
25th	Teesside Barrage

## April 2019

1st	Teesside Barrage
8th	Preston Park
15th	Ropner Park
22nd	Preston Park
29th	Teesside Barrage



If weather is bad we will be doing activities in the Livewell HUB, Thornaby within our Monday Mates group. All will be welcome to join.

Please contact Louise on 07737213018 or Age UK Teesside on 01642805500 if you can't make it or would like to join.



## **NO ONE WANTS TO LIVE IN A COLD HOME**

Every winter 24,000 older people die in the UK as a result of cold weather. Age UK Teesside can help, with:



### **FREE**

Home Energy  
Checks



### **ADVICE**

On Keeping Warm  
& Well in Winter



### **SAVE**

Government's Warm  
Home Scheme



### **HOME**

Handypersons fit  
practical equipment

For more information, to book a home energy check or find out if you are eligible for the Warm Home Discount, call:

**01642 80 55 00**

**Age UK Teesside Ltd**

**Dorothy Rose Suites (29-32)**

**The TAD Centre**

**Ormesby Road**

**Middlesbrough**

**TS3 7SF**





# Living With & Beyond Cancer

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Offering people aged 45+ from Teesside who have been diagnosed, are receiving treatment or have recovered from cancer, the opportunity to have a Holistic Needs Assessment that is designed by the Macmillan Cancer Support service, to ensure that their physical, emotional and financial needs are being met. Working one-to-one with a key worker, a care plan will be devised where needed, to address any concerns a client might have and link with voluntary organisations to address those needs



If you feel this service could help offer you the support, advice or information you need whether in a medical setting, mutual location or at home, you can be referred or self-refer to:

[Anne.Robinson@ageukteesside.org.uk](mailto:Anne.Robinson@ageukteesside.org.uk)

Or call:

**01642 80 55 00**

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Supported By:

**MACMILLAN**  
CANCER SUPPORT

**NHS**  
Northern  
Cancer Alliance

# DANCE THROUGH TIME

FROM THE 1930'S TO  
THE MUSIC OF TODAY

with



**ZUMBA**  
WITH GLYN

ZUMBATHON



**2019**  
**MARCH**  
**SUNDAY**

**17**

11.00AM - 1.00PM

**£10.00** for 2 hours **£7.00** for 1 hour

AT HIGH GRANGE COMMUNITY CENTRE  
CASSON WAY BILLINGHAM TS23 3TX

To sign up visit [www.ageuk.org.uk/teesside](http://www.ageuk.org.uk/teesside)  
email [laura.wedgwood@ageukteesside.org.uk](mailto:laura.wedgwood@ageukteesside.org.uk)  
or call 07921 464126

 **Teesside  
ageUK**  
Love Later Life





# WALK AGAINST LONELINESS

Together we can help reduce loneliness & isolation in Teesside



**2019**  
**MARCH**  
**SUNDAY**  
**10**

5k sponsored family walk around  
Stockton Riverside £5.00 entry plus sponsorship

**AT THE RIVER TEES WATERSPORTS CENTRE - 11:00AM**

The Slipway North Shore Stockton-on-Tees TS18 2NL

To sign up visit [www.ageuk.org.uk/teesside](http://www.ageuk.org.uk/teesside)  
email [laura.wedgwood@ageukteesside.org.uk](mailto:laura.wedgwood@ageukteesside.org.uk)  
or call 07921 464126

 **Teesside  
ageUK**  
Love later life





## Christmas Games & Puzzles

# Twelve Days of Christmas

F	R	E	N	C	H	H	E	N	S	W	A	N	S	V
E	S	G	K	M	G	S	R	E	M	M	U	R	D	G
S	D	O	A	H	D	N	G	P	M	G	C	Q	M	J
E	R	L	B	N	I	D	I	Q	P	I	P	E	R	S
E	O	D	F	P	I	P	N	Y	I	M	X	C	B	G
G	L	E	L	R	I	K	D	W	A	D	N	H	U	N
N	D	N	T	N	M	A	I	D	S	L	N	R	E	I
G	P	R	G	M	I	L	K	I	N	G	D	I	H	M
Y	A	I	F	U	Z	T	W	O	M	L	O	S	M	M
P	E	N	T	Q	G	N	I	P	A	E	L	T	E	U
J	V	G	S	W	I	M	M	I	N	G	D	M	N	R
I	L	S	D	R	I	B	G	N	I	L	L	A	C	D
U	E	T	U	R	T	L	E	D	O	V	E	S	Y	P
U	W	B	N	O	O	S	Q	Y	T	X	P	C	F	S
N	T	V	O	M	U	Y	E	E	R	T	R	A	E	P



11  
CALLING BIRDS  
CHRISTMAS  
DAYS  
DRUMMERS  
DRUMMING  
FRENCH HENS  
GEESE



8  
GOLDEN RINGS  
LAYING  
LEAPING  
LORDS  
MAIDS  
MILKING  
PARTRIDGE

9  
PEAR TREE  
PIPERS  
PIPING  
SWANS  
SWIMMING  
TURTLE DOVES  
TWELVE

1

6

12

10

4

2

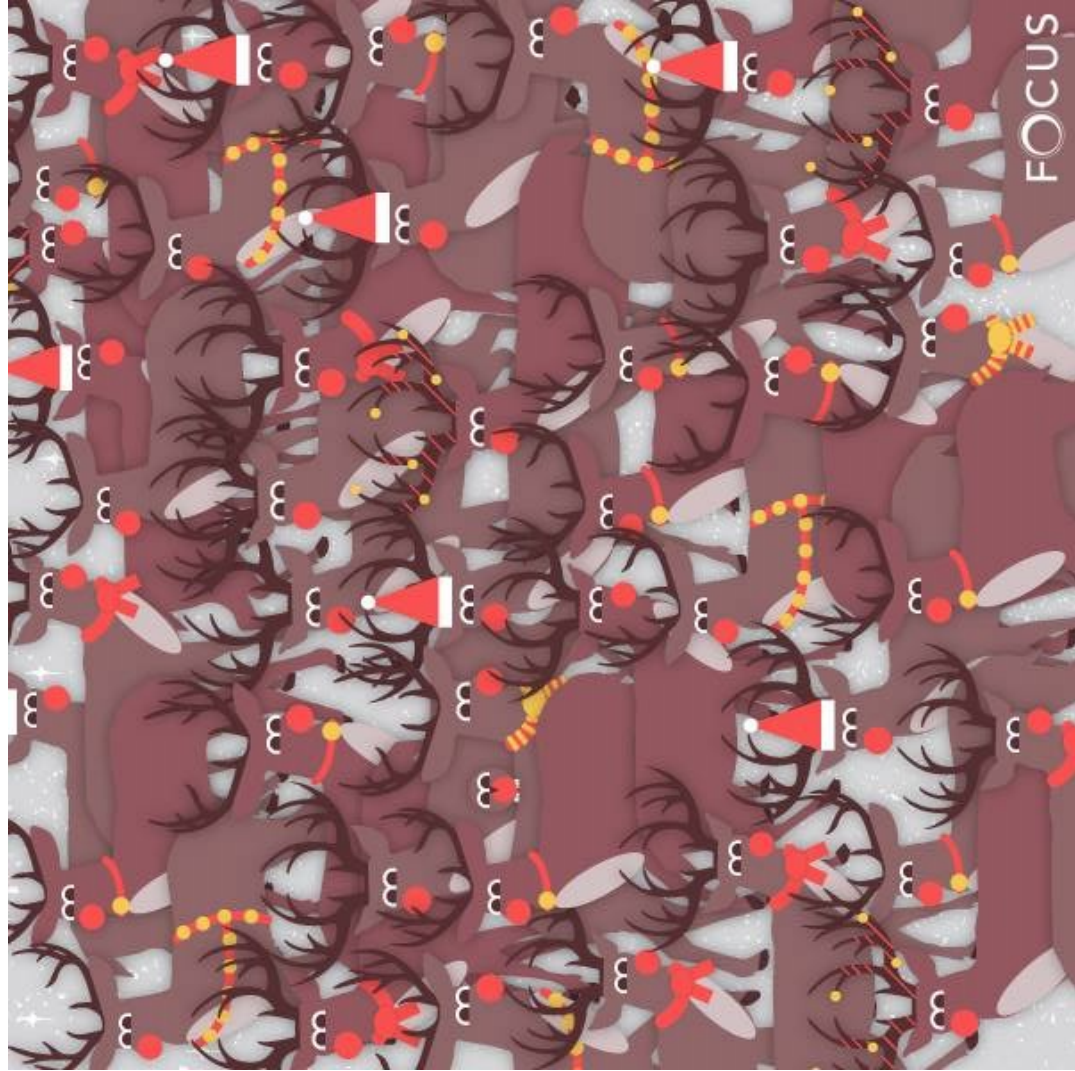
3





## Spot the Difference:

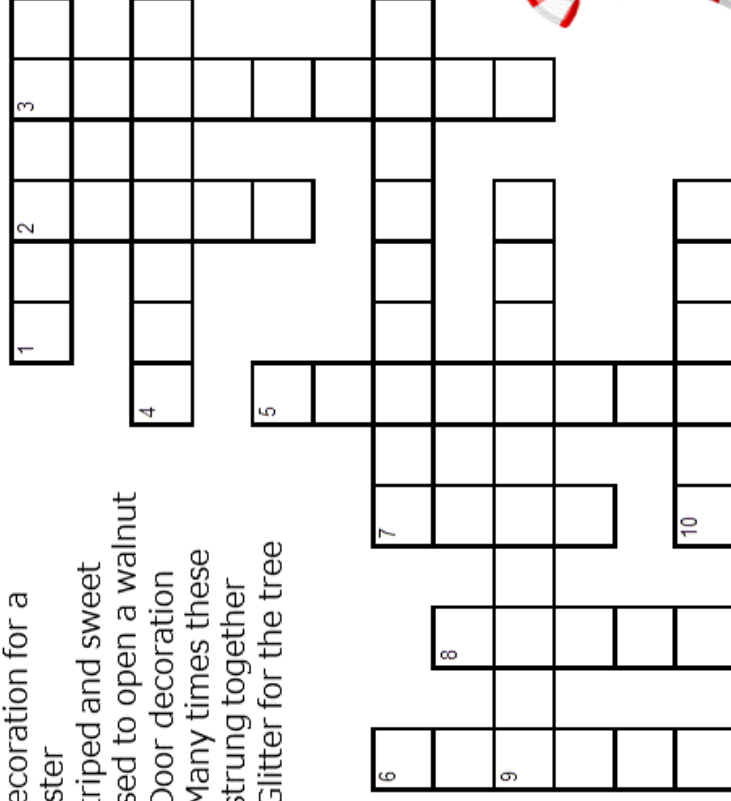
Can you spot the Robin among the reindeer?



# Christmas Decorating

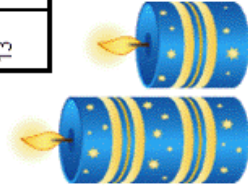
## ACROSS

1. Used to wrap a present
4. Decoration for a banister
7. Striped and sweet
9. Used to open a walnut
10. Door decoration
11. Many times these are strung together
13. Glitter for the tree



## DOWN

2. Decorative spheres
3. Another word for decorations
5. Christmas tree fruit
6. Might light the dinner table
7. Place where greetings are found
8. Hung by the chimney
12. Might be cedar, fir or pine





Join us at our “Memory Lane”

# Dementia Cafés

in Middlesbrough

If you have dementia, or are caring for someone with dementia,  
you'll be welcomed at your local café.

## Marton Community Hub & Library – Second Monday (Tel 01642 300255)

When: 14th January, 11th February, 11th March, 8th April

Time: 2:00pm - 3.30pm

We look  
forward to  
seeing you

## Middlesbrough Central Library - Third Wednesday (Tel 01642 729002)

When: 16th January, 20th February, 20th March, 17th April

Time: 1.00pm - 3.00pm

## Acklam Community Hub & Library - Fourth Thursday (Tel 01642 817810)

When: 24th January, 28th February, 28th March, 25th April

Time: 1.30pm - 3.30pm

For more information please contact Diane Fleet:

01642 729417 or [diane\\_fleet@middlesbrough.gov.uk](mailto:diane_fleet@middlesbrough.gov.uk)

Supported by the Alzheimer's Society

Alzheimer's Society in England, Wales and Northern Ireland.  
Registered Charity No. 296645

  
Middlesbrough  
moving forward





# 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 433 723**

**Gill 01642 433 728**



Registered Charity Number: 702714

Sessions will commence 17th January 2019



# Phoenix 2019

## 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

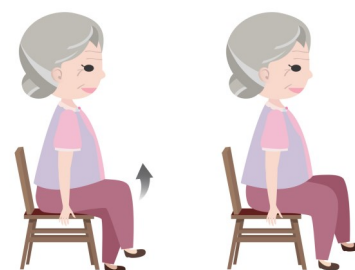
Chair exercise is a fun seated workout for people living with dementia, including a vast range of gentle exercises without leaving your chair. Join in and reap the physical benefits all whilst having fun with friends and reminiscing about past times.

**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 (every 2 weeks—see schedule on page 14)**

### **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 433723 / Mobile 07834 181188**

**or reception 01642 805500**



# Phoenix Friendship Friday 2019

St Cuthberts Church Hall, Stokesley Road, Marton



Enjoy fish & chips or bring a packed lunch, meet old and make new friends. Play prize Bingo and a Quiz for fun! Bring along a raffle prize and enjoy our raffle.

**Admission £2 to include refreshments**

DATE	MONTH
11	January
25	January
8	February
22	February
8	March
22	March
5	April
26	April Easter Bonnet Competition & Raffle
10	May
24	May
7	June
21	June
5	July
19	July
2	August
16	August
30	August
13	September
27	September
11	October
25	October
8	November
22	November
6	December 20 <sup>th</sup> December Christmas Celebration & Raffle



# 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 433 723**

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





# Better Health Better Wealth: Group Timetable

## Monday Mates—NEW

**Mondays, 10.30am—12pm**

Live Well Hub, Thorntree Road, Thornaby.

Sessions are 50p

## 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.

## Thornaby Sociable Club

**Wednesdays from 10.30am—12pm**

Live Well Hub, Thorntree Road, Thornaby.

Sessions are 50p.

## Zumba Gold Class

**Monday from 2pm—3pm**

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.*





# MONDAY MATES

LIVEWELL DEMENTIA HUB  
THORNTREE RD, THORNABY,  
STOCKTON-ON-TEES TS17 8AP

10.30am - 12.00pm

Join us Monday mornings for our new  
social group, providing stimulation,  
physical activity and social engagement.

Sessions are 50p per person  
Contact Gill for more info on  
01642 80 55 00





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.



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

**01642 433 723**

We would like to say a big thank you to all of you who are contributing to this year's Big Knit campaign and a special mention to Paul Taylor, who knitted 104 little hats, including the ones pictured.

We are very impressed with everyone's knitting skills and are happy to say 'thank you' (in hats) to all participating.



# apple hat

intermediate pattern by Juliet Bernard

**Yarn:** Green and brown DK with some red and black for embroidery

**Needles:** 4mm

## Hat

Cast on 31 sts in green

Beginning with a knit row continue in st st for 14 rows

Next row: k2tog to last st, k1 (16sts)

Next row: purl

Next row: k2tog to end (8sts)

Change to brown

Next row: p2tog 4 times then work an icord for 6 rows.

Next row: K2tog twice. (2sts)

Next row: k2tog and fasten off

## Leaf

CO 3 st in green

Row 1: kfb k1 kfb (5sts)

Row 2: purl

Row 3: k2 m1, k1, m1, k2 (7sts)

Row 4: purl

Row 5: knit

Row 6: purl

Row 7: k1, ssk, k1, k2tog, k1 (5sts)

Row 8: purl

Row 9: ssk, k1, k2tog (3sts)

## Making up

Use a sewing needle to join side seams and sew in the ends. Attach the leaf to the stalk. Embroider eyes and mouth in black and apple cheeks in red.

**send your hats to:** FAO: Tina Bonner, Age UK Teesside

Dorothy Rose Suites (29-32), The TAD Centre

Ormesby Road, Middlesbrough, TS3 7SF



Abbreviations: St(s) - stitch(es) | st st - stocking stitch | k2tog - knit two together





# Middlesbrough Befriending Service



“Following lots of hard work, networking, presentations and promoting the service, we are now starting to see a number of volunteers being matched and introduced to older lonely people in the community and there is a real sense of ‘making a difference’ and helping individuals to make changes in their lives. Older people are referring themselves for support and we are dealing with more volunteer enquiries.

This month we have seen a number of individuals being introduced to a volunteer Befriender and the initial effect is positive and up-lifting with both parties benefiting.

In the New Year we will be working with Middlesbrough Library Services and delivering ‘roadshows’ across the area in the local Hubs. The roadshows will provide people with an opportunity to pop into their local Hubs and meet members of staff, have a cuppa, find out what Age UK Teesside may be able to offer them and, if appropriate, refer into the Befriending Service.



## Befriending in Middlesbrough

**Are you aged 65 or over and living in Middlesbrough?**  
**Do you ever feel lonely and/or isolated from your community? Do you live alone?**

**Then our BEFRIENDING SERVICE could help...**

We offer to match you with a volunteer Befriender who can visit you regularly and offer you company, support and friendly face over a cuppa. A Befriender can support you to join a group, go for a walk, have a trip out, assist with small daily tasks etc.

*All of our volunteers are DBS checked and receive training from Age UK Teesside.*

If you think our service can help or you would like to find out more, please contact:

**Paula Taylor on:**

**Tel: 07921 464125 /  
01642 805500**

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

Additionally we are reaching out isolated households by working with the Libraries Housebound Service, which will open up opportunities to more older and lonely residents.

So with a positive end to the year and an optimistic outlook for the coming year, the Middlesbrough Befriending Service is looking forward to working with more clients and volunteers and continuing to develop its work in 2019.”

**~ Paula Taylor,  
Befriending Manager**



Carole is one of our volunteers. She has been with us for 6 months now and thoroughly enjoys the time she spends with her lady Edith. Edith has been with us since the beginning of the project. Having built a relationship with her previous befriender Julie, she was really disappointed when Julie left our programme and was understandably apprehensive about being introduced to a new volunteer but with a lot of gentle persuasion she is now pleased with her new friend, Carole. When I first introduced them they 'hit it off' immediately and found a lot of common ground.

Carole (right) tells us a little bit about their friendship:

***"Although only having known Edith for a few weeks, her shining personality, sense of humour and mischievous ways are quite endearing and captivating.***

***Having spent most of her working life in 'retail' some of her stories are enough to make your hair curl. Edith set her sights on what she wanted out of life and always achieved her goals.***

***Having worked in a 'store' many years ago where Health & Safety were not an issue back then; Edith bent over to pull something out of the freezer while the lid was propped open with a sweeping brush; Edith knocked the brush and the freezer lid crashed down on her nose. Turning up for work the next day she was a sight to behold with two lovely black eyes but carried on without a care in the world, telling the boss "it was his fault".***

***The best story she tells me was when she worked in Binns Department store as a 'receptionist' but took it upon herself to cut a ladies hair (because the hairdresser was on her lunch break). The client was elated with her lovely haircut, however the boss was not too impressed when he caught her in the act. Edith could normally talk her way out of anything she tells me, but not this time she was straight out of the door!!***

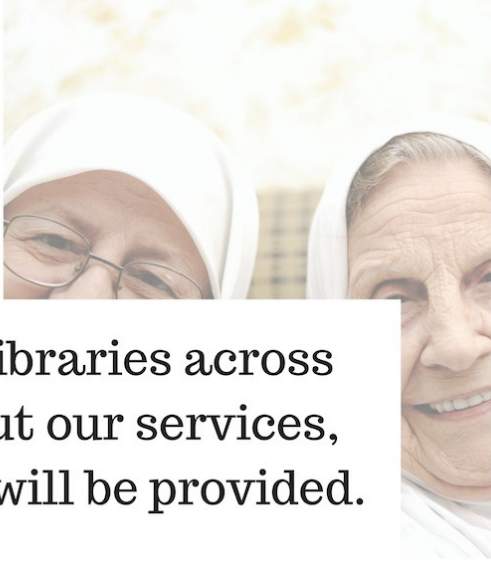


***Not one to let the grass grow under her feet Edith decided to take a job in a factory which involved working with 'small electrical parts'. Management required 'right handed staff', Edith is left handed but told them she could use either hand, she couldn't!!***

***Edith reminds me of a naught schoolgirl and at the ripe old age of 90 hasn't changed a bit and I hope she doesn't!! Go girl – rock on Edith!!***

***If you feel you could offer an hour or two out of your week to visit someone like Edith then why not give Pam a call on 07808 306184 for more information. "***







In 2019, Age UK Teesside are visiting libraries across Teesside, delivering information about our services, including Befriending. Tea and coffee will be provided. All welcome.

THU 21 FEB

MARTON

THU 21 MARCH

EASTERSIDE

THU 18 APRIL

ACKLAM

THU 16 MAY

CENTRAL


THU 20 JUNE

NORTH ORMESBY

THU 18 JULY

HEMLINGTON

**All Events**  
**2.00pm - 4.00pm**



Pop along for a chat and a cuppa and find out what is going on in your community.

No Booking Required.



# BEFRIENDING ROADSHOW



**Call 01642 80 55 00**

For more information

# Silver Surfers (65+)

Learn how to use your  
Computer, Smart Phone or  
Tablet with Age UK Teesside



**Where:** Marske Library, Windy Hill Lane, Redcar,  
TS11 7BL

**When:** Pop in sessions on Friday between  
10.30am – 12.30pm (starting on Friday 28<sup>th</sup>  
September 2018)

*Refreshments provided at £1*

**For more details please contact Robynne at Age  
UK Teesside on 07718125013**





## Redcar Befriending Service

On November 26th 2018 Robynne and Amanda of the Redcar befriending team, completed their Dementia Friends Champions Training. It is something that they both have been very passionate about doing for a while now.

*"A dementia friends champion is a volunteer who encourages others to make a positive difference to people with dementia in their community. They do this by giving the information about the personal impact of dementia and what they can do to help." ~Dementia Friends, 2018*

In the new year, Robynne and Amanda will be delivering Dementia Friends information sessions to newly recruited Age UK Teesside Befriending Volunteers, as well as working with existing volunteers to help support them in their role to ensure that the people we visit with dementia are living well.

"We are both really excited to start spreading the knowledge and information we have learnt to ensure that Redcar and Cleveland is a dementia friendly borough."

### Silver Surfers

Silver Surfers at Marske Library has been a huge success. We have a core group of regulars that come every week and have come on so far! From not knowing how to connect to the internet to now becoming fully fledged 'Silver Surfers'. They have learnt to write an email, send a text and even how to take a 'selfie' and post to social media for their families abroad to see. It has been wonderful to see how far they have come. They are now able to share what they have learnt with one another and it has become a safe environment for them to learn, and sometimes fail. Many of our attendee's were scared of 'breaking' their smart phones or even the internet but as our Silver Surfer's Volunteer Roger assured them, "You wont break the internet. Many have tried and failed already. So don't worry".

We encourage people to write down steps in a simple way, to draw and copy what the key icons look like and to go away during the week and practice. We also tell attendee's if they have any questions throughout the week to do with their devices, write them down and we will go through them at the next session. This seems to really help!

In 2019 we are looking to work with Redcar and Cleveland council to expand Silver Surfers across other libraries in the borough. We are looking for Volunteers with basic ICT skills who can spare 2 and a half hours a week. If you or anyone you know might be interested then please get in touch.

The last Silver Surfers session was on **Friday 14th December 2018, 10.30am - 12pm.**

We will back in the new year on **Friday 11th January 2019, 10.30am-12pm.**



Pictured left is the Silver Surfers group enjoying a festive treat during the last session of 2018.

Mince pies all round for volunteer Roger and the group members.

Over the recent months, the Redcar Befriending Service team have been collaboratively working with Community Stepping Stones; a newly established social enterprise group based in Dormantown (Redcar) whose mission is to enable members of Redcar and Cleveland community to develop life, social and work skills to increase independence and overall wellbeing. They already have a range of activities to suit people over 65 including;

'Crafternoon' - Sunday afternoons 11am-2pm throughout the month

'Knit & Natter' - Every Wednesday from 11am-2pm £2 entry with your first cup of tea/instant coffee free

Redcar's Befriending Service Team and Community Stepping Stones are also working closely together to help further develop the extended service by bringing a range of further activities to be held at Community Stepping Stones throughout 2019. Some of which include;

- ⇒ Games Afternoon
- ⇒ World War 1 Reminiscence
- ⇒ Silver Social's group
- ⇒ Peer Support groups
- ⇒ Volunteer Meetings

***"We are really excited to be working alongside such a warm, friendly and community orientated organisation and we look forward to you joining us throughout next year. "***

***~Robynne Orton***

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**For more information contact Amanda Bowstead on 07921464126**

**Or [Amanda.bowstead@ageukteeside.org.uk](mailto:Amanda.bowstead@ageukteeside.org.uk)**

**Or [Robynne.orton@ageukteeside.org.uk](mailto:Robynne.orton@ageukteeside.org.uk)**



# Christmas 2018 and New Year 2019 opening times



Department  
for Work &  
Pensions

Monday 17 December to Friday 21 December

Offices and phone lines are open as usual

Date	Christmas opening times
Monday 24 December	Offices are <b>closed</b> . Phone lines are open until 5pm for missing or urgent payments <b>only</b>
Tuesday 25 December	Offices and phone lines are <b>closed</b>
Wednesday 26 December	Offices and phone lines are <b>closed</b>
Thursday 27 December	Offices and phone lines are <b>open</b> as usual
Friday 28 December	Offices and phone lines are <b>open</b> as usual
Monday 31 December	Offices and phone lines are <b>open</b> until 5pm
Tuesday 1 January	Offices and phone lines are <b>closed</b>
Wednesday 2 January	Offices and phone lines are <b>open</b> as usual
Thursday 3 January	Offices and phone lines are <b>open</b> as usual
Friday 4 January	Offices and phone lines are <b>open</b> as usual

For more information go to **www.gov.uk** or use the QR code



#### About QR codes

These square barcodes open a specific website, saving you typing in long web addresses.

You can get a free app to scan QR codes on most smartphones.



# Changes to payment dates this Christmas



Department  
for Work &  
Pensions

The table below shows when payments may change over Christmas.

If your expected payment date is not shown, you will get your money on your usual payment date.

Expected payment date	Universal Credit will be paid on	Other benefits will be paid on
Monday 24 December	Monday 24 December	Friday 21 December
Tuesday 25 December	Monday 24 December	Friday 21 December
Wednesday 26 December	Monday 24 December	Friday 21 December
Tuesday 1 January	Monday 31 December	Monday 31 December

**IMPORTANT:** Please call us straightaway if your expected payment is not there or if there is a problem with your payment. If you do not call us the same day we may not be able to help you over Christmas as our offices could be closed.

**Universal Credit:** if you have a Universal Credit online account use your journal to contact us or call **0800 328 5644** (textphone **0800 328 1344**). If you do not have a Universal Credit online account call **0800 328 9344** (text phone **0800 328 1344**).

**Other benefits:** **0800 169 0310** (text phone **0800 169 0314**).

For more information go to **www.gov.uk** or use the QR code



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# 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>

## Trustees Wanted

<b>3.6 million</b> ... older people in the UK live alone, of whom over 2 million are aged 75+.	<b>1.9 million</b> ... older people often feel ignored or invisible.	<b>15 cigarettes</b> Loneliness can be as harmful for our health as smoking 15 cigarettes a day.
---------------------------------------------------------------------------------------------------	-------------------------------------------------------------------------	-----------------------------------------------------------------------------------------------------

Age UK Teesside is a charity that works with and for the older people in our community across the 4 Boroughs of Teesside. The charity is keen to appoint 3 new Trustees to the Board and are looking for dynamic and committed people who can make a difference to join our very successful existing team.

### **In particular we are looking for skill sets which include:**

- HR/employment law
- Safeguarding/social care experience
- Finance/business leader/economics

***We are also seeking a qualified accountant to be our new honorary treasurer.***

All of the above roles are voluntary.

Our Board meets 4-5 times per year and you are invited to join one of our Sub-Committees.

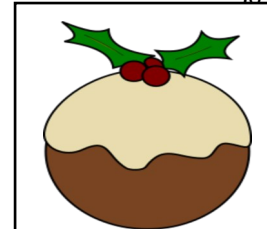
If you would like to support us, and be part of something great for older people in our community then please get in touch. In the first instance, please contact Hannah Bows, Chair of the Board of Trustees by emailing: [hannah.bows@durham.ac.uk](mailto:hannah.bows@durham.ac.uk). An application form and Role Description is available on request.

Please include an up to date CV with your application.





# Middlesbrough Free Festive Food List 2018



## Wednesday 12th December 2018

10.00 – 1.00pm: Neighbourhood Welfare, 11 Princes Road, Middlesbrough

1.00pm – 3.00pm: In Out of the Cold Event, Middlesbrough Town Hall Crypt, Middlesbrough

7.00pm – 8.00pm: Christian Life Missionaries, Near Zetland Street Car Park near the Tunnel

~ All kitchens will remain the same till the Festive Fortnight ~

## Monday 17th December 2018

10.00 – 1.00pm: Neighbourhood Welfare, 11 Princes Road, Middlesbrough

4.30pm – 5.30pm: North East Help Link, Yew Street Car Park, Middlesbrough

7.30pm – 9.30pm: Columba Project, St Columba Church between Sainsburys and the Hill Street Centre

## Tuesday 18th December 2018

10.00 – 1.00pm: Neighbourhood Welfare, 11 Princes Road, Middlesbrough

11.00am – 12.00pm: Breakfast at the Salvation Army on Southfield Road, Middlesbrough

4.30pm – 5.30pm: Open Praise Christian Centre, Brentnall Street, Middlesbrough

7.30pm – 9.30pm: Columba Project, St Columba Church between Sainsburys and the Hill Street Centre

## Wednesday 19th December 2018

10.00 – 1.00pm: Neighbourhood Welfare, 11 Princes Road, Middlesbrough

7.00pm – 8.00pm: Christian Life Missionaries, The Tunnel, Zetland Street, Middlesbrough.

## Thursday 20th December 2018

10.00 – 1.00pm: Neighbourhood Welfare, 11 Princes Road, Middlesbrough

## Friday 21st December 2018

10.00 – 1.00pm: Neighbourhood Welfare, 11 Princes Road, Middlesbrough

5.00pm – 6.00pm: Recipe Christmas Dinner, Middlesbrough Community Church, Clifton Street, Middlesbrough

6.30pm – 8.30pm: Sowing Seeds Missionaries, The Basement, Catholic Centre, Grange Road, Middlesbrough. Near Cash Converters.

## Saturday 22nd December 2018

12.30pm – 1.30pm: The Upper Room Project, Behind the John Paul Centre, Grange Road, Middlesbrough

6.00pm – 6.30pm: One Ummah, Breckon Hill Community Centre, Breckon Hill Road near the Longlands.

### **Sunday 23th December 2018**

**4.30pm – 5.30pm:** Off the Ground Coffee Shop, Grange Road, Middlesbrough.

**5.00pm – 6.00pm:** Guru Nanak's Free Kitchen (The Sikh Community) Zetland Street Car Park, Middlesbrough.

### **Christmas Eve Monday 24th December 2018**

**3.00pm – 4.00pm:** There is going to be a kitchen held at Zetland Street Car Park food will be served until it runs out

### **Christmas Day Tuesday 25th December 2018**

**12.00 noon:** Christmas Dinner at Middlesbrough Community Church, Clifton Street.

Doors open at 12.00 meal starts at 1.00pm. Booking necessary please call Vicki on 07515808648. Transport is available if required.

### **Boxing Day Wednesday 26th December 2018**

**7.00pm - 8.00pm:** Christian Life Missionaries, The Tunnel near Zetland Street Car Park

### **Friday 28th December 2018**

**12.00 – 4.00pm:** Everyone Welcome to join Christians Together for a meal at the Salvation Army on Southfield Road. Booking forms can be obtained from Salvation Army, Sacred Heart Church, Holy Name of Mary Church and The John Paul Centre and should be completed by the 19th December

**5.00pm – 6.00pm:** Recipe Party Food Night, Clifton Street, Middlesbrough

**6.30pm – 8.30pm:** Sowing Seeds Missionaries, The Basement, Catholic Centre, Grange Road near Cash Converters

### **Saturday 29th December 2018**

**6.00pm – 6.30pm:** One Ummah, Breckon Hill Community Centre, Breckon Hill Road Near the Longlands

### **Sunday 30th December 2018**

**5.00pm – 6.00pm:** Guru Nanak's Free Kitchen (The Sikh Community) Zetland Street Car Park, Middlesbrough.

### **Wednesday 2nd January 2019**

**10.00am – 1.00pm:** Neighbourhood Welfare, 11 Princes Road, Middlesbrough

**7.00pm – 8.00pm:** Christian Life Missionaries, The Tunnel near Zetland Street Car Park

This list had 'lovingly' been put together by Jill Fidan from Change, Grow, Life part of Middlesbrough Recovering Together Alcohol and Drug Service. A brand new winter list will be ready for the start of the New Year as there are some changes, if you know of any other kitchens please email me on [jill.fidan@ntlworld.com](mailto:jill.fidan@ntlworld.com).

**Merry Christmas to Everyone and a Happy New Year**





IF YOU ARE ALONE POP IN FOR A HUG.

## CHRISTMAS DAY

FROM 8:30AM - 10:00AM

All donations will go to  
Teesside Age UK!

We are teaming up with local Butcher Garry Roper of  
J E Smith Quality Butcher & Stonehouse Bakery

Stonehouse  
Bakery • Danby



## HOME ALONE ON CHRISTMAS DAY?



Join us for our **Big Christmas Dinner**. Starting with carols at 10.30am followed by a traditional Big Christmas Dinner with starter and pudding. Afternoon singing and entertainment.



TS3 Community  
Church,  
Admirals Avenue,  
TS3 8ET

Booking is essential!

**Call 01642 210721**

and let us know you're coming.

## 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 Suites (29-32),***

***The TAD Centre, Ormesby Road,***

***Middlesbrough,***

***TS3 7SF***

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

***01642 80 55 00***





**Over 2.5  
million older  
people feel  
they have no  
one to turn to**

Help us be there

To find out more visit  
[www.ageukteesside.org.uk](http://www.ageukteesside.org.uk)

**No one deserves to be lonely.  
Donate to our winter campaign  
#NoOneShouldHaveNoOne  
& help us end loneliness in Teesside  
Text AUKT18 followed by your donation  
amount to 70070  
(e.g. £1, £2, £5 etc.)**



**Teesside  
ageUK**