

AGE UK TEESSIDE NEWSLETTER

NOVEMBER 2018



Teesside
ageUK

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Guisborough Brownies

Age UK Teesside are saying a special thank you to the 10th Guisborough Brownies, who raised £110 for each of the following charities:

- Age UK Teesside
- Kirkleatham Hall School
- The Link
- Morrisons
- Maxi's Mates



The Brownies packed shopping bags in Morrison's supermarket to raise money and gain their charities badge. Louise Wheatley, Operations Manager, went along to support the Brownies and to their presentation ceremony to accept the cheque on Age UK Teesside's behalf.

Thank you for your hard work Brownies and thank you to Morrisons' shoppers for your generous donations.



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

10:00am - 12:00noon

**Live Well Dementia Hub
Thornaby**

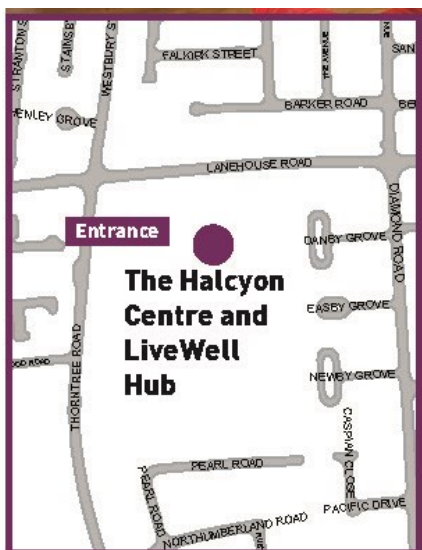


Dementia Walking Group

Come and join our Dementia Walking Group; 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 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**.



NO ONE WANTS TO LIVE IN 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



STAY SAFE & WELL THIS WINTER

The Trinity Centre, North Ormesby
12th December 2018 from 10am - 3pm

Join us for tips and advice on how to stay warm and healthy this winter, as well as access to a range of activities and workshops including:

- Healthy heart checks
- Strength and balance exercise workshops
- Welfare advice
- Healthy eating advice and recipes
- Books on prescription including self help books for Mental Health, Dementia and other long term conditions
- Information and advice stalls from experts including the Staying Put Agency, Ageing Better and much more
- Falls prevention advice
- Christmas choir
- Free hot soup and beverages

Chance to
win a Christmas
hamper, slow
cooker and
microwave



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

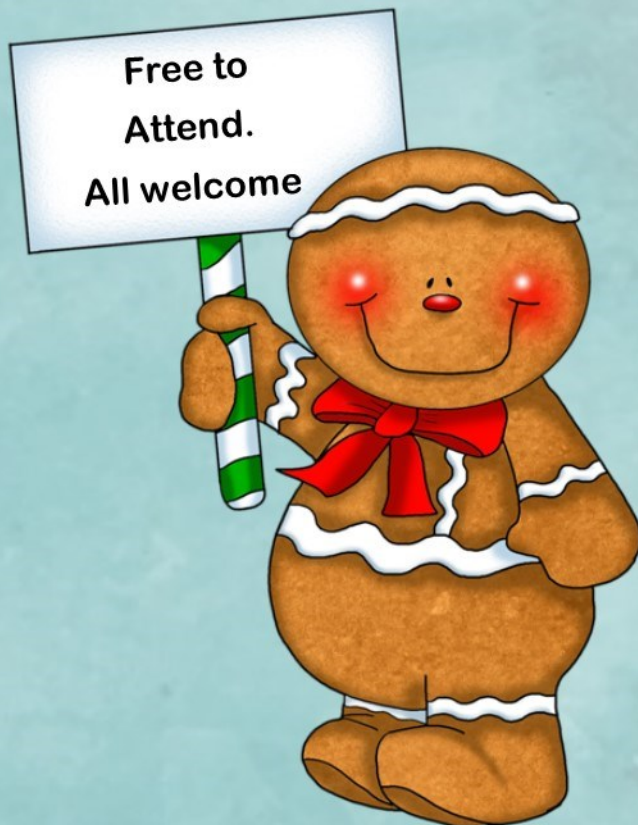
To sign up visit www.ageuk.org.uk/teesside
email laura.wedgwood@ageukteesside.org.uk
or call 07921 464126

 **Teesside
ageUK**
Love Later Life



Age UK Teesside Annual Carol Service

**Trinity Centre
North Ormesby
Middlesbrough
TS3 6LD**



Thursday 13th December 2018

From 11.00am

Tel: 01642 80 55 00

For More Information

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

or visit 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





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

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

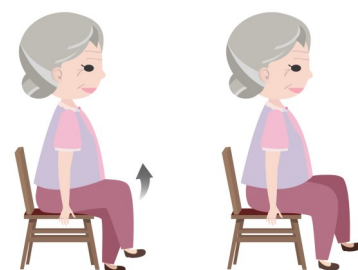
Chair exercise is a fun seated workout for people living with dementia, including a vast range of gentle exercises without leaving your chair. Join in and reap the physical benefits all whilst having fun with friends and reminiscing about past times.

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 433723 / Mobile 07834 181188

or reception 01642 805500

Phoenix: Lunch & Social



Phoenix's Lunch & Social group have had a number of visitors lately, including supporters Santander, who delivered a Scam Prevention presentation (left).

The group also played host to Tees Valley Mayor, Ben Houchen, who spoke to volunteers and joined in a game of dominoes with service users on November 7th at North Ormesby Community Hub.



Mayor Houchen had this to say on Facebook:

"I had the pleasure of meeting Ray Nellist - an absolute gentleman and proud Teessider who told me his stories working for the old British Steel Corporation in the 60s and 70s. While his hard graft working at the blast furnace made him partially deaf, he loved every minute of it - and you can see it hasn't dampened his spirits one bit."



Anne Sykes and the rest of the Age UK Teesside team are doing some amazing work to combat loneliness in our area - something that can be as harmful for our health as smoking 15 cigarettes a day"

CEO Anne spoke with the Mayor and promoted our upcoming "March" Against Loneliness (left).

Go to our Facebook page and see the video of Mayor Houchen with the Lunch & Social group.

Birthday Celebrations

November has been a busy month for Phoenix members celebrating their birthdays; client John Elliot enjoyed a treat during the Friendship Friday group when he received a cake for his 80th birthday. John is pictured (right) with volunteer Sheila Morrison, who also celebrated her birthday this month, as well as Phoenix Project lead Tina Bonner.



Living With & Beyond Cancer

Offering people aged 45+ from Tees Valley 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. Contact Anne Robinson today:

Anne.Robinson@ageukteeside.org.uk Or call: 01642 80 55 00

Case Study:

A client rang to arrange a Holistic Needs Assessment as a routine test showed they have stomach and oesophageal cancer and requires treatment which will leave them needing home care for at least 12 months after leaving hospital.

A home visit was requested, so Anne visited and ran a benefit check to see if they were entitled to any financial assistance.

The benefit check showed that no pension credit or any means tested benefits could be awarded, however Anne informed them that an Attendance Allowance could be looked at in anticipation of the care needs to come. She then explained that she could assist with this, or Macmillan could book them in to see a benefits advisor to look at the Attendance Allowance, Macmillan grants and anything else available. The client wants to think this over as they believe it may be best to get Macmillan to complete the Attendance Allowance form as they have dealt with lots of people in their position.

Anne discussed the right to a care needs assessment with the client, and after speaking to the adult care team, was able to inform the client if they tell the hospital social worker that they are going home with no one to care for them, they will do a needs assessment to identify what care will be needed and what client will need to pay as part of this care package.

The client said they felt more informed and supported after the visit.

~ Anne Robinson, LWBC Outreach Worker

Living With & Beyond Cancer

INFORMATION EVENT MIDDLESBROUGH

Have you been affected by cancer?

Find out what support is available to help you live well and manage your condition.

- Workshops
- Speakers
- Live Music
- Tasters
- Stalls
- Lunch

Monday 3rd Dec
9:30am - 3:30pm

The Trinity Centre,
North Ormesby,
Middlesbrough,
TS3 6LD

For more information or to RSVP please contact Craig.Duerden@mvdauk.org.uk
call 01642 803608 or visit www.mvda.info



Supported by: **m v d a**
supporting voluntary
and community action

NHS
Northern
Cancer Alliance

MACMILLAN
CANCER SUPPORT

NHS
South Tees Hospitals
NHS Foundation Trust

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

Billingham Buddies' last session will be November 29th 2018.

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.***





MEN'S SHED OUT IN THE COMMUNITY AT NORTH ORMSBY HUB!

**FIND OUT ABOUT UPCYCLING FURNITURE
AND LEARNING NEW SKILLS**



FREE Sessions are open to all, no need to book!

North Ormesby Hub, Derwent Street, TS3 6JB

Wednesdays' 14th, 21st, 28th November and 5th

December - 10am to 1pm

For more information, contact Shaun on 01642 245927



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 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 the **Crafty Capers** group for donating their little hats to our Big Knit campaign.

Excellent work everyone - every single hat gets us closer to our target and helps keep older people warm in winter.



shark hat

advanced crochet pattern by Juliet Bernard

Round 13-15: 1 dc in each st

Round 16: * 1dc in next st, dc2tog, repeat to the end of the round (10sts)

Round 17: 1 dc in each st.

Round 18: dc2tog in each sts (5sts)

Fasten off and sew tail together

Fin

Chain 8

Row 1: starting at the second ch from the hook work 1 dc in each st, turn (7sts)

Row 2: ch1, dc2tog, 1 dc in next 3 sts, dc2tog, turn (5sts)

Row 3: ch1, 1dc in next 5 sts, turn

Row 4: ch1, dc2tog, 1 dc in next st, dc2tog, turn (3sts)

Row 5: ch1, 1dc in next 3 sts, turn

Row 6: ch1, dc3tog.

Fasten off.

Tail

Using blue ch 13. Starting in the 2nd ch from hook work 1dc, 1dc, 1htr, 1 tr, 1 tr, 1dtr, 1dtr, 1tr, 1tr, 1htr, 1dc, 1dc down chain. (12 sts)

Fasten off.

Flippers (make 2)

Chain 8

Starting in the 2nd ch from hook work 1dc, 1dc, 1htr, 1 htr, 1 tr, 1tr, 1tr down chain. (7sts).

Fasten off.

Sew in all ends and sew the fin, tail and flippers on to the body. Finish off by sticking on some eyes

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

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

Ormesby Road, Middlesbrough, TS3 7SF



Abbreviations: ch – chain | st(s) – stitch(es) | dc – double crochet | ss – slip stitch | dc2tog – double crochet 2 sts together
htr – half treble | tr – treble | dtr – double treble | dc3tog – double crochet 3 sts together



Middlesbrough Befriending Service



So, Christmas is upon us and it's a time of year when we start to think about our friends, family, get-togethers and enjoying the festivities. For some in our community Christmas time can be a particularly low point of the year and can intensify people's feelings of loneliness and isolation. Age UK Teesside's Middlesbrough Befriending Service aims to reduce social isolation and loneliness by providing social interaction for those who are struggling being on their own and we provide a variety of options for individuals to engage in their local community, look to re-discover old interests and hobbies and make new social networks.

But of course loneliness is not just an issue at Christmas – 1000's of people across our area

describe themselves as lonely/isolated and more and more people are feeling the ill effects of being socially isolated. Over the coming year all of our Befriending networks will continue to develop and grow to meet the need of those in our community who are struggling and we request your help in doing this. If you know anybody who is socially isolated, lives alone and has no family or friends then let us know. If you know anybody who can spare 2 hours a week to volunteer with our service, we would love to hear from you. With your help, support and local knowledge we can support more people in our community.

Loneliness is a community issue and the response to it lies with each of us.

~ Paula Taylor, Befriending Manager

Wishing you a peaceful Christmas from all the Age UK Teesside Befriending Team



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.

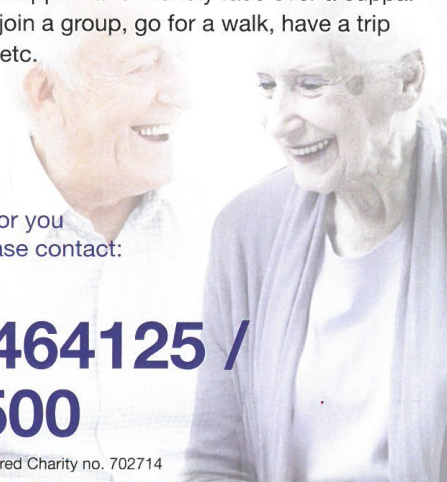
All of our volunteers are DBS checked and receive training from Age UK Teesside.

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



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

Paula Taylor on 01642 433 725

Or paula.taylor@ageukteesside.org.uk

Stockton Befriending Service

Spotlight on Janet Murphy, Befriending Services Co-ordinator, Stockton Borough

I have been The Volunteer Co-ordinator for a number of years now and enjoy meeting all the valuable volunteers who come from all walks of life including retired people and other caring individuals able to offer several hours a week to help befriend an older person who is isolated and lonely. They feel as if they are giving something back to the community and it makes them feel valued as what they do is greatly appreciated.



Our clients, who live alone, feel lonely and depressed get referred from numerous sources i.e.: NHS Hartlepool & Stockton CCG, Live Well Dementia Hub, Social Services, family and self-referrals. We visit each client to assess their suitability and their needs. Once this is established we match them with a volunteer who has similar interests to give them company and companionship on regular basis.



Case Study: Ann is a new volunteer who joined the service in April this year. She really enjoys her role of meeting people and making new friends, at the same time gaining confidence in herself and has blossomed over the time she has been volunteering. Ann's first client was Margaret and they hit it off straight away and enjoyed the company of one other on a weekly basis. They shared stories of each other's families and talked about the topics of the day. Margaret was undergoing

treatment for cancer and Ann was a great support during this time. Unfortunately, Margaret had a bad fall and was admitted to hospital for a period of time.

During Margaret's stay in hospital, Ann asked to be allocated to another client, so I introduced her to Gerard who Ann enjoys visiting and they share friendly chats over cups of tea. Although Ann does not drive, she travels by bus to see Gerard in all weathers. They have talked about getting out and about and are aiming to visit Teesside Retail Park together for a shopping spree in Marks & Spencer. Gerard has informed me he is greatly looking forward to the trip as he rarely gets out and about.



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

Janet Murphy on 01642 433 728

Or janet.murphy@ageukteesside.org.uk

The Hartlepool Befriending Network (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', the Service has proven invaluable to those who use it.

Chris is one of those residents.

When Pam, the Co-ordinator, was introduced to Chris in April, she was a rather quiet and shy lady; unable to leave the home due to ill health, she had become depressed and withdrawn. Her only contact was with her family, in particular her daughter Dawn, who helped her mum a great deal. Chris had been active in the community, was an active member of several groups and had written articles and even had a book published before her illnesses before she became house-bound and her confidence was low.

"All I want is for someone to chat to me and listen. Someone to give my daughter a break. I hope to regain my confidence and get back into the community."

I introduced her to Sue, one of our volunteers, in May and she has never looked back.

Over a cup of tea today, Chris tells me that Sue is a ray of sunshine in her life, that she counts the days to when Sue returns.



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

"I just love Sunday evenings because I know that Sue is coming tomorrow, Sue gives me a reason to get up in the morning. I have found myself opening up and telling her things I wouldn't dream of normally."

Dawn comes into the conversation at this point and tells me that Sue has helped her too, that since Sue came into their lives she has 'scaled back' her visits to her mum finding that her mum's mood has improved greatly. Dawn says that Sue listens to her too, that it's good



to talk to someone outside of the family and that they are both confident it won't go any further. When I ask Chris what her plans are for the New Year,

“simple she says...Access to the outside world in general. Freedom to live a more natural life like the one I used to have”

Sue has given her the confidence to think that this is possible, that she can do this.

Chris is camera shy and couldn't be persuaded to have her photo taken with Sue, here we see her with Chris's daughter Dawn.



Sue works 4 days a week, and on her day off just wanted to give something back. So once a week she gives 2 hours to sit and have a coffee with Chris; which she enjoys as much as Chris does.

If you know anyone that would like to volunteer with us, or are concerned for someone who is lonely or isolated, contact us today.

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 get in touch—all ideas are welcome.

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

Pam Cairns on 07808 306 184

Or Pam.Cairns@ageukteesside.org.uk

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 28th
September 2018)

Refreshments provided at £1

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



Redcar Befriending Service

Redcar and Cleveland's Befriending Service has continued to grow and gain popularity across the Borough. The service has maintained a healthy number of volunteers, and this number is set to increase in the coming weeks with a number of recent applications being received.

The service already supports over 40 clients across the Borough, however with the increase in volunteers the service will have the capacity to reach even more clients and offer support and befriending opportunities to those experiencing loneliness and isolation within Redcar and Cleveland.

In addition, Redcar and Cleveland's extended service has continued to be successfully developed with the I.T support group Silver Surfers already seeing success, receiving a steady flow of regular clients accessing it. Also a volunteer has been recruited to offer one to one I.T support within clients homes, this volunteer is due to start this project in the coming weeks and we expect to see the same success Silver Surfers has seen since its implementation, allowing our elderly clients to no longer feel they are growing old in a new world but will be advised, supported and educated on devices which will allow and enable them to reduce isolation and loneliness through technology. More exciting plans and ideas are to be explored and developed in the New Year, including new groups and exciting collaborations with local organisations.

Below is an example of the wonderful work our volunteers do and the joy they bring to their clients lives through befriending:

Befriender Judith has been Volunteering for Age UK Teesside, in Redcar and Cleveland since March 2017, and this year received recognition for her hard work and dedication to her role being nominated for and winning the 'Love your Neighbour' award (right).

Judith was matched to Ethel (left), who is one of Redcar and



Cleveland's eldest clients at 98 years old, in October 2017. Ethel and Judith have formed a brilliant relationship and both enjoy and benefit from the weekly visits. During a recent conversation Ethel expressed to Judith that she had never been to McDonalds, as a result of this Judith kindly offered to take Ethel here for her first ever McDonalds meal. Judith explained how much Ethel appeared to enjoy this trip out and her excitement at sampling her first McDonalds French fries. Just a small example of the kindness and care offered by volunteers to bring joy to their befriender's lives.

Contact Amanda Bowstead on 07921464126

Or Amanda.bowstead@ageukteesside.org.uk

FESTIVE LUNCH STOCKTON

Are you over 50 years old?

Facing a lonely Christmas?

Want to spend time with others like you?

Join us for a festive lunch this December, with good company and new friends, there'll be fun and food hosted by the Age UK Teesside team.

Robert Atkinson Centre

Thorn tree Road, Thornaby, Stockton, TS17 8AP

Friday 21st December 2018

12.00pm—2.00pm

FREE EVENT



01642 80 55 00

Spaces Limited—Call Today to Book



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

FESTIVE LUNCH MIDDLESBROUGH

Are you over 50 years old?

Facing a lonely Christmas?

Want to spend time with others like you?

Join us for a festive lunch this December, with good company and new friends, there'll be fun and food

hosted by the Age UK Teesside team.

Trinity Centre

The Market Place, North Ormesby, TS3 6LD

Wednesday 19th December 2018

12.00pm—2.00pm

FREE EVENT

01642 80 55 00

Spaces Limited—Call Today to Book





FESTIVE LUNCH HARTLEPOOL

Are you over 50 years old?

Facing a lonely Christmas?

Want to spend time with others like you?

Join us for a festive lunch this December, with good company and new friends, there'll be fun and food hosted by the Age UK Teesside team.

St Matthew's Community Centre, Elwick Road, TS25 9SF

Thursday 20th December 2018

12.00pm—2.00pm

FREE EVENT

01642 80 55 00

Spaces Limited—Call Today to Book



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

FESTIVE LUNCH REDCAR

Are you over 50 years old?

Facing a lonely Christmas?

Want to spend time with others like you?

Join us for a festive lunch this December, with good company and new friends, there'll be fun and food hosted by the Age UK Teesside team.

Redcar Literary Institute, Lord Street, Redcar TS10 3EN

Monday 17th December 2018

12.00pm—2.00pm

FREE EVENT

01642 80 55 00

Spaces Limited—Call Today to Book



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

Trustees Wanted

3.6 million ... older people in the UK live alone, of whom over 2 million are aged 75+.	1.9 million ... older people often feel ignored or invisible.	15 cigarettes Loneliness can be as harmful for our health as smoking 15 cigarettes a day.
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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. An application form and Role Description is available on request.

Please include an up to date CV with your application.

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
email laura.wedgwood@ageukteesside.org.uk
or call **07921 464126**

 **Teesside**
ageUK
Love later life



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

01642 80 55 00

Choose us as your Co-op local cause

Age UK Teesside (Guisborough and Skelton)

Your support will benefit your community by

We would like to buy 100 lifesaving 'Winter Warmer' packs to keep isolated older people warm during the cold months.

Winter Warmer packs are available for older people who are isolated, lonely, in fuel poverty or in need of social interaction. Providing Winter Warmer packs is one of a number of services Age UK Teesside offer whilst taking a holistic approach, tailoring our services to each client and bringing our clients together to reduce loneliness and isolation and to promote social inclusion.

Age UK Teesside is a charity working to help older people in Hartlepool, Redcar & Cleveland, Middlesbrough and Stockton. Our staff and volunteers campaign and help over-50s with their health and wellbeing, finances and independence in their communities. We provide: Social activities help older people stay active, involved and enjoying their lives Information and advice, especially on entitlement to benefits, energy use and other financial needs Valuable products and services including insurance and mobility aids.

When Members buy Co-op branded products and services, the Co-op will give 1% to a local cause. Your support can help raise more for causes in your community.

Go online coop.co.uk/membership and make us your cause.



1% of the purchase price or cost of Co-op own branded goods and services purchased by Co-op Members will be donated to local good causes as chosen from time to time by Co-op Members. Please visit coop.co.uk for further details on how this is calculated.