

Already it's April! Spring is in the air; Easter is coming and the Waltz will be upon us before we know it. Read on for updates on our projects & campaigns, plus, get to know our Great North Run Fundraiser and find out how you can sponsor her challenging task for Age UK Teesside.



Catalyst Achievement Awards 2017!

Our very own Dorothy Rose has been shortlisted for an award in the category 'Outstanding Achievement' in this year's Catalyst Achievement Awards. Dorothy is guaranteed 1st, 2nd or 3rd place – an award she greatly deserves for a life of outstanding achievements!



Dorothy first became involved with Age UK Teesside's predecessor organisation at the age of 19 when her father Alderman Wiseman from Stockton recruited her as minuting-secretary. Now aged 92, she is still involved in activities, centred at Hardwick Methodist Church.

The awards ceremony will take place on June 7th at the Grand Marquee, Wynyard Gardens in Billingham. The attendees will enjoy an evening of drinks and a hot buffet meal, with entertainment and performances during the proceedings.

Accompanying Dorothy will be her daughter Margaret, Age UK Teesside Trustee Hannah Bows and CEO Anne Sykes (pictured right with Dorothy Rose at the 2016 AGM).



Good luck Dorothy, from all of us at Age UK Teesside x



Free Carbon Monoxide Awareness Workshop!

The Gas Safe Charity is running a series of free half day workshops across the UK aimed at ANY organisation that deliver services in the homes of vulnerable people. We will be in Middlesbrough on the morning of the 15th May. Low levels of carbon monoxide have been linked to increased risk of falls and dementia. Front line staff and volunteers have a key preventative role but there is also a **Duty of Care** for employers.

A range of organisations have attended past **ThinkCO** workshops and have now introduced carbon monoxide awareness into their induction and general training. There is usually only one place per organisation per workshop and each participant will receive a training pack, buffet lunch and a free CO detector for each organisation. To learn more and to get a booking form please go to: <http://www.gassafecharity.org.uk/media/1082/leaflet-3-edited-on-070317-small.pdf>



Winter-Warmer Success!

In February's newsletter, we thanked Newcastle Building Society for supporting our Winter-Warmer Campaign and helping us supply life-saving packs (like the one pictured below) to the vulnerable.



Lynda Westland, of the Better Health Better Wealth team, recently provided one of these packs to an Age UK Teesside client:

I delivered a winter warmer pack to a 73-year-old lady who lives alone. She lives in a semi-detached property and has no central heating, only storage heaters, which she finds difficult to control.

This lady had made enquiries about having central heating installed but feels that she would be unable to go through with the process because of the disruption it would cause.

Various medical conditions including a heart condition, arthritis, circulation issues and problems with her thumbs (which dislocate), the clients age and circumstances, all contributed to her being offered the Winter-Warmer-Pack.

She was delighted with the pack's contents, especially with the bag which she said would be very useful as she had been looking for a light weight bag for some time; due to the problems she has with her hands, she cannot carry very much.

Health & Wellbeing!

Phoenix!

Friendship Friday Easter raffle and Easter bonnet competition took place on Friday 7th April; Raffle prizes were donated by clients who attend the various phoenix groups along with donations from Asda, Tesco, Thornton's and Gala Bingo.



Thank you all for your generosity!

The Phoenix' Easter Bonnet Competition 2017!



Meet the Easter Bonnet Winners: 1st Place was taken by Val Cadman-Khan (left with judge Anne Sykes) and her Easter-Bunny inspired bonnet (right).

In 2nd place was Anne Franks and Norma Adams took 3rd!

All 3 places were chosen by CEO/Judge Anne Sykes, who presented the winners with their prizes.



A great big thank you to all the entrants for the time and effort put into designing your wonderful creations.



Phoenix, Client-Contributions!

Phoenix clients have been hard at work creating and crafting to raise money for external charities, such as the NSPCC and Hugs for the Homeless.

One of our Big-Knitters, Lorna Johnson, created a batch of adorable knitted chicks - each containing an Easter treat; a Cadbury Crème Egg. These were sold during our Easter celebration and monies raised will be donated to the NSPCC.

NSPCC



The Phoenix Craft & Textile Group donated handmade hats, scarves gloves and blankets to Hugs for the Homeless, a Middlesbrough based charity for the homeless people in our community.



Val Cadman-Khan accepted this donation, on behalf of Hugs for the Homeless, from Christina Bonner, Head of the Phoenix Project.



The Big Knit!

The 2nd phase of the big knit campaign is underway, we need your help – get those needles out - another 1000 hats are required, if you would like to participate please contact Tina. Remember every little hat created raises 25p Which then goes back into our Winter-Warmth funds supporting older people of Teesside.



Please post all knitted hats to 190 Borough Road, Middlesbrough, Ts1 2eh FAO Tina Bonner or visit us in person to show off your knitted creations and you could be featured in the next Age UK Teesside newsletter.

Costa Coffee Book Club!

Just a reminder, if you enjoy a good read, come along to the Age UK Teesside and Costa Coffee Book Club! – Enjoy discounts on refreshments, make new friends and swap stories every **Wednesday at Costa coffee in the Cleveland centre 10.30am – 12 noon.**

Get those dancing shoes on!

Working in partnership with “Nouveau Wellbeing” and commencing in May, is a new weekly class from the Phoenix Project: **“Dance fit for older Adults”** Sessions will be free and held weekly here at Dorothy Rose House.

And for those less energetic we will be holding monthly **Chair-Based Exercise & Reminiscence** - *session dates to be confirmed.*

Contact Tina to Register.

Befriending!

Maureen Tate, 72, lives alone in Stockton, she has crippling arthritis, heart failure, Bronchiectasis and is registered blind. Maureen first contacted Age UK Teesside in 2015 when her husband passed away suddenly. Maureen and her husband had been enjoying retirement together after working hard all their lives, and Maureen stated they '*lived for each other*'. Malc' had been her main carer so she didn't know where to turn when he passed away.

Maureen said she had never felt so low and was phoning 'hundreds of numbers' to try and get some help.

Kathryn Hardwick, 24, also lives in Stockton; she graduated from the University of Lancaster with a degree in Psychology, so has an interest in people. Kathryn stated her family are all from a nursing/caring background, so following a similar path seemed natural to her. She is an animal lover and has an array of animals, so likes caring for animals and people alike.

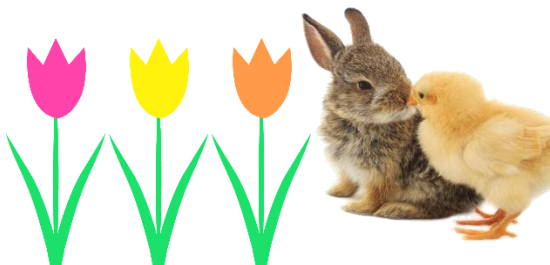
Age UK Teesside first met with Maureen in October 2015 to conduct a Better Health Better Wealth assessment. The assessment found that due to Maureen's decreased mobility and failing eyesight, she could not leave the house unaided. She felt that her health had declined significantly since losing her husband and main carer. Although Maureen has two sons, they both work full time and sometimes out of the area, and her friends all moved out of the area several years ago. Maureen was consequently put on the Befriending waiting list and was quickly matched with Kathryn in December 2015.

Kathryn and Maureen both say they hit it off from the word go - the fact that they're both Game of Thrones fans certainly helped! Kathryn visits Maureen on a weekly basis and they do a variety of daily activities from food shopping to clothes shopping, attending appointments, visiting cafes, or simply to just having a cuppa and a catch up. Maureen joked that Kathryn keeps encouraging her to buy cakes, but this has made the dietician happy! She feels her life has completely changed since Kathryn became her befriender.

Although Kathryn felt her role as a volunteer helped secure her job, she said befriending is more than just something to put on her CV. She says this role has given her an insight into how difficult life can be, and has made her more empathic. She said she takes things for granted, like being able to open a bottle of milk, which Maureen can't do. Kathryn feels she can make a difference with little things that she previously hadn't thought about.

Maureen said '*I was a lonely old person; I felt invisible, but now whatever I need, she's there*'.

Above everything else, Kathryn and Maureen have developed a friendship which they both truly value.



BHBW!

Age UK Teesside's Better Health Better Wealth team hosted an event at Aspen Gardens in Hardwick on April 10th 2017. **Afternoon Tea** with a prize bingo and a free raffle were provided. The event was well attended by 25 people and received positive feedback. Attendees were a mixture of residents, family and carers.



This event resulted in Age UK Teesside liaising with staff at North Star to collaborate and arrange future events, these will also be open to the general public and publicised through the venue, local community and our newsletter.

Any enquiries please contact the Better Health Better Wealth team on 01642 805500.

Redcar VIP Group Meet the Mayor!



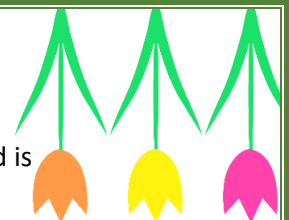
The Redcar VIP group visited the Mayors parlour in March. The Mayor Councillor, Barry Hunt, welcomed the group and told them about his duties and the history of the mayoral chain and mace. The group were shown the council chambers and how business is conducted there. This was followed by refreshments in the Mayors parlour where the mayor had the opportunity to speak with individuals.

The group told the Mayor about the difficulties they face on an everyday basis getting around Redcar and Cleveland and this message will be passed to council. Everyone enjoyed the visit and one of the members celebrated her 93rd birthday and received personal congratulations from Mayor Hunt.

The group meet on the **last Friday of the month** for a social get together and enjoy lots of activities and outings. Anyone with a visual impairment, or caring for someone who does, can join. For information **contact Irene Poynter PM 01642 470912**/email irenepoynter@icloud.com.

Christine Strides Out for Age UK Teesside!

Meet Age UK colleague Christine Johnson, who works in the Yarm High Street shop, and is stepping out in style to fundraise for Age UK Teesside.



Looking positive & motivated for her Great North Run challenge

Christine has pledged to brave her first Great North Run and fundraise for Age UK Teesside at the same time.

Having worked for Age UK nearly 5 years, Christine said *'I love my job and having got myself into running last year to get fit and lose some weight, I decided what better cause to support than Age UK Teesside.'*

Christine's fitness campaign has seen her lose over 3 stone in weight in time for her 40th birthday and we are so grateful to her for considering us when fundraising.

Christine now has her own Virgin-Money-Giving Fundraiser page (see below) where you can sponsor her efforts and support our cause. Christine will be posting updates of her fitness journey and you can see her progress via the 'Running Total' bar.



Christine before she took up running

Visit uk.virginmoneygiving.com and search for Age UK Teesside where we have linked Christine's page to our profile, alternatively, search for Christine Johnson.

Christine's Fundraiser-Page with Virgin Money Giving

Are you considering doing a sponsored challenge/event?
Why not consider fundraising for us too?

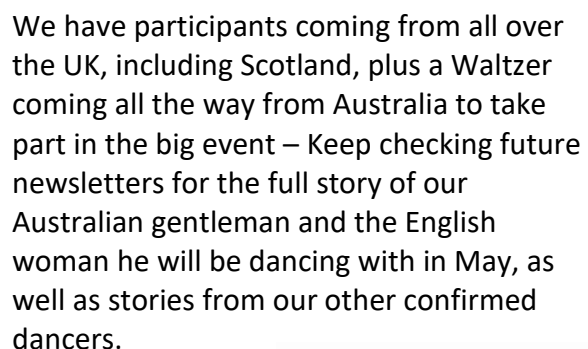
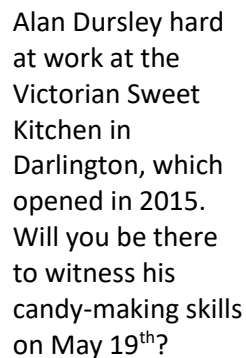
Log onto uk.virginmoneygiving.com and register your event, nominate Age UK Teesside (Charity Number 702714) as your chosen charity and then you're good to go!

If you want to discuss your challenge or fundraising idea,

please just call us on 01642 805500.

Have you signed up to take part in the Largest Waltz? Perhaps you know someone who would like to take part? This is a chance to to enjoy the local scenery, have fun watching all of the preformances, sample local foods and, yes, break a world record for charity!

North-East Candy-Man Alan Dursley will be there with his homemade sweets.



Purchasing your tickets couldn't be easier – if you need help navigating the online process, just let us know and we can do it for you! You can pay by secure bank transfer or send us a cheque. Tickets can be sent to an email/home address, whichever you prefer. You can receive updates via email and we can send out any information you need in the post as well.



The ASDA Foundation!



ASDA Foundation representative Tanya Barry and Christina Bonner with a cheque for £1,000!

We were overjoyed to be presented with a cheque for £1000.00 from Asda's Community Champion Tanya Barry recently. Tanya volunteers to help at our Friendship Friday sessions organised and ran by Tina and was delighted to be able to present us with the grant award.

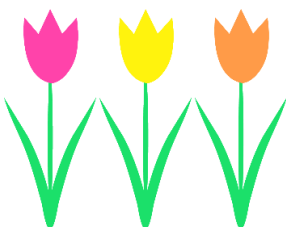
Tanya said 'It is great to be able to help in this way to support one of the many activities that are ran by Age UK Teesside for older people. These kinds of activities help reduce the loneliness and isolation faced by many older people in our community

and I'm glad to be a part of it.'

Tina Bonner, who manages and coordinates the Friendship Friday group, said 'We are very grateful to Tanya and her colleagues at Asda Southbank for supporting us in this way. Each week we have a fish and chip meal and a friendly get together with a quiz, a game of bingo and great company. This money will be such a boost for us and we just want to say a huge thank you to the Tanya and her team.'

ASDA also supplied several of the raffle prizes and goodies for the Friendship Friday Easter get-together on April 7th.

If you can volunteer your time to help at any of our activity sessions, or fundraise on our behalf please contact us on 01642 805500



Tees Valley Business Club!

Anne Sykes and Age UK Teesside are New Members of the Tees Valley Business Club, as of April and they have wasted no time welcoming us aboard and showing us support.



Latest News

Come Dine With Us

Daisy Chain presents: Come Dine With Us Friday
30th June 2017 from 7:00pm at Rockliffe Hall
You will be joined by all three of Rockliffe Hall chef–#x2013;#x2013;

World record breaking waltz

Age UK Teesside is attempting to break the Guinness world record for the most couples waltzing simultaneously. They will be dancing to The Teesside Waltz...



Logic Architecture



Age UK Teesside

Shown above is the home page for The Tees Valley Business Club's website, where they are promoting Age UK Teesside's big, summer event – the World Record-Breaking Waltz!

Age UK's Weekly Lottery!

Just imagine having £25,000 to do with as you wished! What would you do with it? Buy a new car or add an extension to your house? How about taking that holiday you've always dreamed of?

How does it work?

For just £1 per entry you will receive a unique draw number for each weekly entry and each week, a random number generator will select 500 numbers. The first number drawn will win the first prize of £2,000 then £250 for second prize, £150 for third, £100 for fourth and £50 for fifth, plus 995 runners up prizes

of £10 each. Plus, you're automatically entered into our quarterly 'Super-Draw' where you could win a whopping £25,000!

If you would like us to send you an application form, please contact Age UK Teesside on 01642 805500



To Subscribe to our Newsletter please go to www.ageukteesside.org.uk/news--campaigns

Thank you for supporting Age UK Teesside

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